



Easy Greek Yogurt Cucumber Sauce

 Vegetarian  Gluten Free

READY IN



505 min.

SERVINGS



8

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 small cucumber peeled seeded finely chopped
- 0.3 cup feta cheese crumbled
- 1 garlic clove minced
- 1 green onion
- 0.5 teaspoon juice of lemon
- 0.3 teaspoon lemon zest
- 0.5 teaspoon oregano
- 1 cup yogurt plain

- 8 servings salt and pepper to taste
- 1 cup cup heavy whipping cream sour
- 1 teaspoon vinegar white

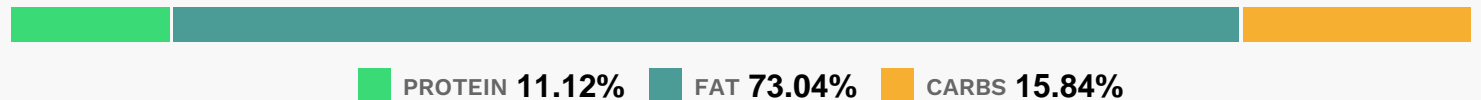
Equipment

- bowl

Directions

- Stir together the yogurt, sour cream, vinegar, lemon juice, cucumber, green onion, garlic, feta cheese, oregano, lemon zest, salt, and pepper in a bowl; cover and chill 8 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:3.1521739221138%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 91.98kcal (4.6%), Fat: 7.62g (11.73%), Saturated Fat: 4.17g (26.09%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.73g (3.04%), Cholesterol: 25.12mg (8.37%), Sodium: 270.98mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Calcium: 95.98mg (9.6%), Vitamin B2: 0.14mg (8.16%), Phosphorus: 72.26mg (7.23%), Vitamin K: 5.89µg (5.61%), Vitamin A: 260.6IU (5.21%), Vitamin B12: 0.25µg (4.22%), Selenium: 2.53µg (3.62%), Potassium: 120.87mg (3.45%), Vitamin B5: 0.31mg (3.14%), Zinc: 0.46mg (3.06%), Vitamin B6: 0.06mg (2.93%), Magnesium: 10.58mg (2.65%), Folate: 9.47µg (2.37%), Vitamin C: 1.65mg (2%), Vitamin B1: 0.03mg (1.99%), Manganese: 0.04mg (1.8%), Copper: 0.03mg (1.35%), Vitamin E: 0.17mg (1.16%), Iron: 0.19mg (1.04%)