



Easy Tzatziki with Feta

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 hothouse cucumber unpeeled
- 0.5 pound feta sliced
- 1 tablespoon optional: dill fresh minced
- 8 servings thyme leaves fresh
- 2 cloves garlic minced
- 14 ounce greek yogurt such as fage total
- 0.5 pound kalamata olives with pits
- 8 servings kosher salt and pepper black freshly ground

- 2 tablespoons juice of lemon freshly squeezed
- 8 servings olive oil good
- 1 loaf pita bread
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon citrus champagne vinegar

Equipment

- bowl
- frying pan
- oven
- box grater

Directions

- Watch how to make this recipe.
- Place the yogurt in a medium bowl. Grate the cucumber on a box grater on the largest grating side and squeeze it with your hands to remove most (but not all) of the liquid.
- Add the grated cucumber to the yogurt.
- Add the sour cream, lemon juice, vinegar, dill, garlic, 2 teaspoons salt, and 1/2 teaspoon pepper and combine. Taste for seasonings.
- To serve, artfully arrange salad plates with slices of feta, drizzle them with olive oil, and sprinkle with thyme leaves.
- Add the olives, pita triangles, and the tzatziki and serve cold or at room temperature.
- Preheat the oven to 350 degrees.
- Slice the pita bread into 8 triangles and place them on a sheet pan.
- Place the sheet pan in the oven and toast the bread for 10 minutes.

Nutrition Facts

 PROTEIN 13.33%  FAT 78.6%  CARBS 8.07%

Properties

Glycemic Index:32.63, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:8.905652201694%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 292.91kcal (14.65%), Fat: 26.11g (40.16%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.64g (1.69%), Sugar: 2.64g (2.93%), Cholesterol: 31.95mg (10.65%), Sodium: 787.68mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.93%), Vitamin B2: 0.41mg (24.04%), Calcium: 228.62mg (22.86%), Vitamin E: 3.2mg (21.32%), Phosphorus: 180.45mg (18.05%), Selenium: 9.84µg (14.05%), Vitamin B12: 0.84µg (14.02%), Vitamin K: 12.32µg (11.73%), Vitamin B6: 0.2mg (9.89%), Zinc: 1.21mg (8.07%), Vitamin A: 357.02IU (7.14%), Vitamin B5: 0.57mg (5.75%), Vitamin C: 4.6mg (5.58%), Fiber: 1.39g (5.58%), Magnesium: 21.5mg (5.37%), Vitamin B1: 0.08mg (5.13%), Folate: 20.42µg (5.11%), Potassium: 175.1mg (5%), Copper: 0.09mg (4.48%), Manganese: 0.09mg (4.28%), Iron: 0.74mg (4.1%), Vitamin B3: 0.5mg (2.52%)