



Easy Tzatziki with Toasted Pita Crisps

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 hothouse cucumber unpeeled seeded
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 1.5 teaspoons garlic minced
- ☐ 14 ounce greek yogurt (recommended: Fage Total)
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 8 servings olive oil good

- ☐ 8 pita breads
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon citrus champagne vinegar

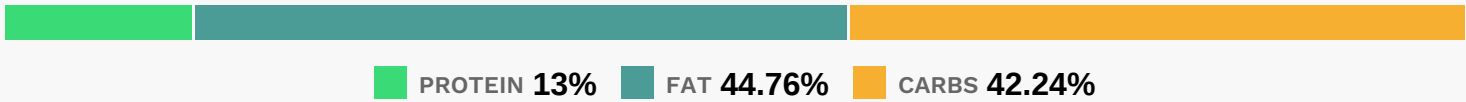
Equipment

- ☐ bowl
- ☐ grill
- ☐ box grater

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the yogurt in a medium bowl. Grate the cucumber on a box grater and squeeze the grated cucumber with your hand to remove some of the liquid.
- ☐ Add it to the yogurt along with the sour cream, lemon juice, vinegar, dill, garlic, salt and pepper and stir.
- ☐ Serve with Toasted Pita Crisps.
- ☐ Heat a gas grill or charcoal grill with coals.
- ☐ Brush the pita with olive oil and heat on both sides until toasted.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:29.21, Inflammation Score:-2, Nutrition Score:7.3152173964874%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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

Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 329.11kcal (16.46%), Fat: 16.33g (25.12%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 33.12g (12.05%), Sugar: 2.49g (2.76%), Cholesterol: 6.72mg (2.24%), Sodium: 902.99mg (39.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.33%), Manganese: 0.33mg (16.54%), Vitamin E: 2.07mg (13.78%), Phosphorus: 136.67mg (13.67%), Vitamin B2: 0.22mg (12.75%), Calcium: 118.25mg (11.83%), Vitamin B1: 0.18mg (11.71%), Vitamin K: 11.45µg (10.9%), Selenium: 5.31µg (7.58%), Copper: 0.14mg (6.75%), Vitamin B3: 1.33mg (6.67%), Magnesium: 25.93mg (6.48%), Fiber: 1.55g (6.2%), Vitamin B12: 0.36µg (6.04%), Potassium: 206.28mg (5.89%), Folate: 23.46µg (5.86%), Iron: 1.03mg (5.7%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.51mg (5.11%), Vitamin B6: 0.08mg (4.1%), Vitamin C: 2.94mg (3.57%), Vitamin A: 78.58IU (1.57%)