



Feta-Cucumber Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cucumber diced peeled
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 garlic clove chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon sugar

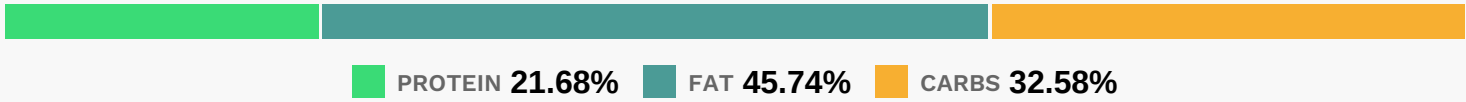
Equipment

bowl

Directions

Combine first 6 ingredients in a small bowl; add cucumber. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.44, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.26913043443599%

Nutrients (% of daily need)

Calories: 5.03kcal (0.25%), Fat: 0.26g (0.4%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.28g (0.32%), Cholesterol: 1.06mg (0.35%), Sodium: 20.52mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%)