



Greek-Style Cucumber and Yogurt Dip with Dill

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon coarse salt
- ☐ 1 cucumber english grated unpeeled halved lengthwise seeded
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 servings olive oil
- ☐ 6 wholewheat pita breads cut into wedges
- ☐ 2 cups yogurt plain

☐ 0.5 cup cream sour

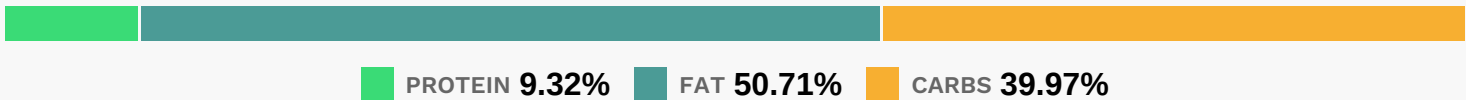
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ cheesecloth

Directions

- ☐ Line sieve with cheesecloth and place over medium bowl.
- ☐ Place yogurt in sieve. Cover with plastic wrap and allow to drain in refrigerator overnight.
- ☐ Mix cucumber and 1 tablespoon salt in small bowl; cover and chill 3 hours.
- ☐ Transfer drained yogurt to another bowl.
- ☐ Mix in sour cream, lemon juice, dill and garlic. Squeeze out as much excess liquid as possible from cucumber. Stir cucumber into yogurt. Season with pepper. Cover; chill at least 2 hours. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Preheat oven to 400°F.
- ☐ Place pita wedges on baking sheets.
- ☐ Brush with olive oil.
- ☐ Bake until crisp, about 10 minutes. Cool. (Can be made 1 day ahead. Store pita airtight at room temperature.)
- ☐ Serve cucumber dip with baked pita wedges.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:29.94, Inflammation Score:-3, Nutrition Score:8.2973912824755%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 373.43kcal (18.67%), Fat: 21.14g (32.52%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 35.87g (13.05%), Sugar: 5.28g (5.87%), Cholesterol: 21.92mg (7.31%), Sodium: 1507.9mg (65.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.49%), Calcium: 175.68mg (17.57%), Manganese: 0.32mg (16.24%), Phosphorus: 158.22mg (15.82%), Vitamin E: 2.16mg (14.4%), Vitamin B1: 0.19mg (12.99%), Vitamin B2: 0.22mg (12.75%), Vitamin K: 12.49µg (11.89%), Potassium: 294.26mg (8.41%), Magnesium: 32.81mg (8.2%), Zinc: 1.11mg (7.42%), Vitamin B5: 0.73mg (7.34%), Copper: 0.14mg (7.19%), Folate: 28.52µg (7.13%), Vitamin B3: 1.31mg (6.54%), Fiber: 1.61g (6.44%), Iron: 1.06mg (5.88%), Vitamin B12: 0.34µg (5.71%), Vitamin C: 4.39mg (5.32%), Vitamin A: 246.89IU (4.94%), Vitamin B6: 0.09mg (4.36%), Selenium: 2.63µg (3.76%)