



Greek Tzatziki



Vegetarian



Gluten Free

READY IN



500 min.

SERVINGS



5

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cucumber english with peel, grated
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 clove garlic pressed
- ☐ 1 tablespoon ground pepper fresh black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 32 ounce yogurt plain low-fat
- ☐ 2 tablespoons olive oil extra-virgin

☐ 1 tablespoon salt

Equipment

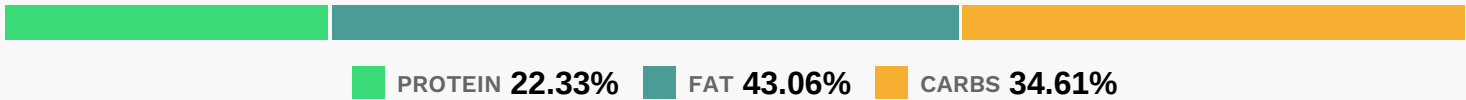
☐ bowl

☐ whisk

Directions

- ☐ Stir together yogurt, grated cucumber, garlic, lemon juice, and olive oil in a bowl.
- ☐ Add lemon zest, dill, salt, and pepper; whisk until smooth.
- ☐ Pour into a serving dish, cover tightly, and refrigerate 8 hours before serving.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:9.6282608457234%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 174.01kcal (8.7%), Fat: 8.51g (13.09%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.81g (5.39%), Sugar: 13.47g (14.97%), Cholesterol: 10.89mg (3.63%), Sodium: 1523.6mg (66.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.85%), Calcium: 346.08mg (34.61%), Phosphorus: 272.02mg (27.2%), Vitamin B2: 0.4mg (23.72%), Vitamin B12: 1.02µg (16.93%), Potassium: 496.59mg (14.19%), Vitamin B5: 1.18mg (11.82%), Zinc: 1.71mg (11.38%), Vitamin K: 10.63µg (10.12%), Manganese: 0.2mg (10.07%), Magnesium: 37.59mg (9.4%), Selenium: 6.24µg (8.91%), Vitamin C: 6.04mg (7.32%), Vitamin B1: 0.09mg (6.17%), Folate: 23.94µg (5.99%), Vitamin E: 0.89mg (5.96%), Vitamin B6: 0.12mg (5.82%), Vitamin A: 149.93IU (3%), Copper: 0.06mg (2.84%), Iron: 0.43mg (2.37%), Fiber: 0.57g (2.3%), Vitamin B3: 0.27mg (1.33%)