



Grilled Onion Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon cumin seeds
- ☐ 0.8 cup cucumber english finely chopped
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 0.8 cup yogurt plain fat-free
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 onion cut into 1/2-inch-thick slices
- ☐ 0.3 teaspoon salt

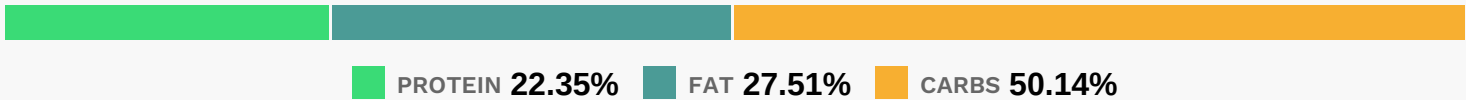
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Prepare grill.
- ☐ Brush oil over onion.
- ☐ Place onion on grill rack; grill 4 minutes on each side or until browned and tender.
- ☐ Remove onion to a cutting board, and cool completely; chop.
- ☐ Combine sliced onion, chopped cucumber, and remaining ingredients in a medium bowl; stir well.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.7795652047448%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 27.33kcal (1.37%), Fat: 0.86g (1.32%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.51g (2.79%), Cholesterol: 0.46mg (0.15%), Sodium: 91.47mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Calcium: 52.54mg (5.25%), Phosphorus: 43.45mg (4.34%), Vitamin B2: 0.06mg (3.62%), Potassium: 97.44mg (2.78%), Vitamin B12: 0.14µg (2.34%), Vitamin K: 2.42µg (2.3%), Manganese: 0.04mg (2.06%), Magnesium: 7.81mg (1.95%), Vitamin B5: 0.19mg (1.91%), Vitamin C: 1.53mg (1.85%), Zinc: 0.28mg (1.84%), Vitamin B6: 0.03mg (1.68%), Folate: 6.11µg (1.53%), Vitamin B1: 0.02mg (1.42%), Selenium: 0.94µg (1.34%), Fiber: 0.32g (1.28%), Iron: 0.21mg (1.18%)