



Indian Cucumber and Yogurt Salad: Cucumber Raita



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 sprigs mint leaves fresh minced finely
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons golden raisins
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups persian cucumber english grated unpeeled
- ☐ 2 cups milk plain whole low-fat

Equipment

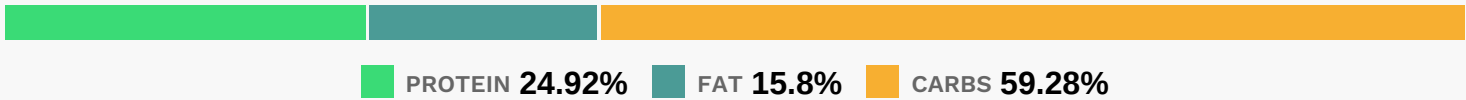
☐

whisk

Directions

- ☐ Whisk the yogurt until smooth.
- ☐ Add the rest of the ingredients, plus a little freshly ground black pepper if you like. Stir, chill, and serve.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:3.29, Inflammation Score:-3, Nutrition Score:7.1108696836492%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 109.69kcal (5.48%), Fat: 2.01g (3.09%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 16.26g (5.91%), Sugar: 13.94g (15.49%), Cholesterol: 7.35mg (2.45%), Sodium: 669.52mg (29.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Calcium: 241.06mg (24.11%), Phosphorus: 199.54mg (19.95%), Vitamin B2: 0.3mg (17.49%), Potassium: 429.19mg (12.26%), Vitamin B12: 0.69µg (11.43%), Vitamin B5: 0.88mg (8.78%), Vitamin K: 9.21µg (8.77%), Zinc: 1.24mg (8.27%), Magnesium: 31.38mg (7.85%), Selenium: 4.36µg (6.23%), Vitamin B6: 0.12mg (5.8%), Manganese: 0.11mg (5.38%), Vitamin B1: 0.07mg (4.73%), Folate: 18.52µg (4.63%), Vitamin C: 3.23mg (3.91%), Copper: 0.07mg (3.59%), Vitamin A: 160.17IU (3.2%), Fiber: 0.68g (2.72%), Iron: 0.46mg (2.53%), Vitamin B3: 0.3mg (1.5%)