



## Persian Carpet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

## Ingredients

- 1.5 cups cucumber english coarsely chopped (for best color, leave peel on)
- 2 teaspoons mint leaves fresh chopped
- 0.3 teaspoon sea salt
- 2 cups yogurt plain
- 2 cups yogurt plain

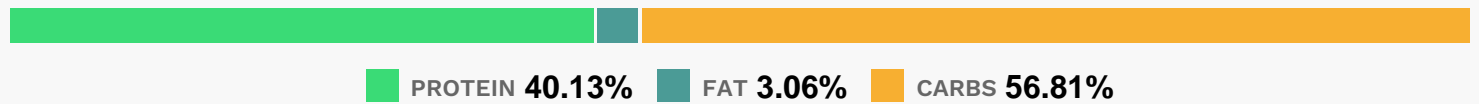
## Equipment

- blender

## Directions

- In a blender, whirl 1 1/2 cups coarsely chopped English cucumber (for best color, leave peel on), 2 cups plain whole-milk yogurt, and 2 teaspoons chopped fresh mint leaves until very smooth.
- Add kosher or sea salt to taste (1/4 to 1/2 teaspoon). Fill four tall glasses (16-oz. capacity) halfway with ice cubes.
- Pour yogurt mixture equally into glasses. Slowly fill each glass to the rim with cold seltzer water.
- Garnish with fresh mint sprigs.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.800869817967%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 143.09kcal (7.15%), Fat: 0.48g (0.75%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 20.04g (7.29%), Sugar: 19.47g (21.63%), Cholesterol: 4.9mg (1.63%), Sodium: 334.79mg (14.56%), Alcohol: 0g (100%), Protein: 14.29g (28.59%), Calcium: 494mg (49.4%), Phosphorus: 394.05mg (39.4%), Vitamin B2: 0.59mg (34.49%), Vitamin B12: 1.49µg (24.91%), Potassium: 682.39mg (19.5%), Vitamin B5: 1.67mg (16.72%), Zinc: 2.46mg (16.37%), Magnesium: 51.66mg (12.92%), Selenium: 8.94µg (12.77%), Vitamin B1: 0.13mg (8.54%), Folate: 32.19µg (8.05%), Vitamin B6: 0.15mg (7.28%), Vitamin K: 6.89µg (6.56%), Vitamin C: 3.31mg (4.02%), Copper: 0.05mg (2.65%), Manganese: 0.04mg (2.2%), Iron: 0.33mg (1.85%), Vitamin B3: 0.34mg (1.71%), Vitamin A: 60.22IU (1.2%)