



Persian Yogurt Salad

 Vegetarian  Gluten Free

READY IN



490 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber peeled seeded chopped
- 2 tablespoons dill weed dried
- 2 cloves garlic minced
- 32 ounce yogurt plain
- 8 servings salt and pepper black to taste

Equipment

- bowl

Directions

- In a medium bowl, blend yogurt, dill weed, garlic, salt, and pepper. Toss in the cucumber. Cover, and refrigerate 8 hours, or overnight.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:4.5186956395274%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.69kcal (3.83%), Fat: 3.78g (5.82%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.81g (6.45%), Cholesterol: 14.74mg (4.91%), Sodium: 248.39mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Calcium: 157.32mg (15.73%), Phosphorus: 120.82mg (12.08%), Vitamin B2: 0.17mg (10.2%), Potassium: 254.62mg (7.27%), Vitamin B12: 0.42µg (6.99%), Magnesium: 21.68mg (5.42%), Vitamin B5: 0.54mg (5.36%), Zinc: 0.77mg (5.11%), Vitamin B6: 0.08mg (3.88%), Selenium: 2.64µg (3.77%), Manganese: 0.07mg (3.73%), Vitamin A: 183.21IU (3.66%), Folate: 13.21µg (3.3%), Vitamin B1: 0.05mg (3.28%), Iron: 0.52mg (2.89%), Vitamin C: 2.38mg (2.88%), Vitamin K: 2.94µg (2.8%), Copper: 0.04mg (2.14%), Fiber: 0.38g (1.52%)