

## Radish Raita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 medium cucumber peeled halved lengthwise seeded
- ☐ 2 tablespoons golden raisins chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 0.1 teaspoon pepper sauce hot
- ☐ 1 cup radishes diced 6 radishes
- ☐ 0.3 teaspoon salt

# Equipment

☐ bowl

# Directions

- ☐ Grate cucumber into a medium bowl.
- ☐ Add radishes and remaining ingredients, and stir gently to combine. Cover and chill 2 hours or overnight.

# Nutrition Facts



# Properties

Glycemic Index:13.58, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:2.2113043659407%

# Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

# Nutrients (% of daily need)

Calories: 31.84kcal (1.59%), Fat: 0.44g (0.68%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.25g (1.91%), Sugar: 4.49g (4.99%), Cholesterol: 1.38mg (0.46%), Sodium: 97.15mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Calcium: 52.06mg (5.21%), Vitamin C: 3.87mg (4.69%), Phosphorus: 46.15mg (4.61%), Potassium: 153.09mg (4.37%), Vitamin B2: 0.07mg (4.05%), Magnesium: 10.07mg (2.52%), Folate: 9.98µg (2.49%), Vitamin B6: 0.05mg (2.38%), Fiber: 0.57g (2.29%), Vitamin B5: 0.23mg (2.28%), Manganese: 0.04mg (2.17%), Copper: 0.04mg (2.14%), Vitamin B12: 0.13µg (2.14%), Vitamin K: 2.19µg (2.09%), Zinc: 0.3mg (2.03%), Vitamin B1: 0.02mg (1.39%), Iron: 0.23mg (1.3%), Selenium: 0.9µg (1.29%)