



## Raita

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 cucumbers seeded chopped
- 4 cloves garlic crushed
- 1 teaspoon ground cumin
- 0.5 teaspoon paprika
- 1 cup yogurt plain
- 4 servings salt and pepper to taste
- 1 cup cup heavy whipping cream sour
- 1 tomatoes seeded chopped

# Equipment

bowl

whisk

# Directions

In a salad bowl, whisk together the yogurt, sour cream, cumin, paprika and garlic.

Add cucumbers and tomatoes; toss and chill before serving.

# Nutrition Facts



# Properties

Glycemic Index:30.5, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:10.274347913006%

# Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 190.8kcal (9.54%), Fat: 13.73g (21.12%), Saturated Fat: 7.14g (44.66%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 10.78g (3.92%), Sugar: 8.8g (9.77%), Cholesterol: 41.89mg (13.96%), Sodium: 247.35mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Vitamin A: 966.77IU (19.34%), Vitamin K: 19.89µg (18.95%), Calcium: 177.54mg (17.75%), Phosphorus: 164.39mg (16.44%), Potassium: 572.4mg (16.35%), Vitamin C: 13.21mg (16.02%), Vitamin B2: 0.25mg (14.92%), Manganese: 0.28mg (13.97%), Magnesium: 46.51mg (11.63%), Vitamin B6: 0.23mg (11.36%), Folate: 44.11µg (11.03%), Copper: 0.21mg (10.45%), Vitamin B5: 1.02mg (10.23%), Fiber: 2.15g (8.59%), Vitamin B1: 0.12mg (8.02%), Zinc: 1.06mg (7.04%), Iron: 1.09mg (6.03%), Selenium: 4.17µg (5.95%), Vitamin B12: 0.35µg (5.79%), Vitamin E: 0.58mg (3.87%), Vitamin B3: 0.43mg (2.17%)