



Raita Salad of Red Grapes and Mint

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon roasted cumin seeds
- ☐ 1.5 cups yogurt plain fat-free
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 1 teaspoon lemon rind grated
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.3 cup raisins
- ☐ 1 cup grapes red seedless halved
- ☐ 0.5 teaspoon salt

☐ 0.5 teaspoon sugar

Equipment

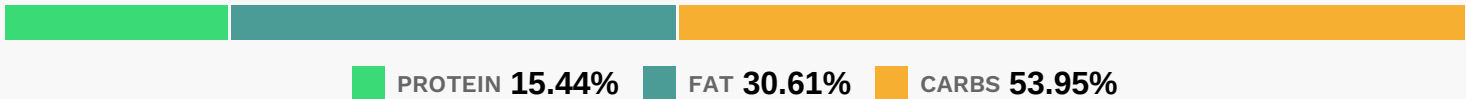
☐ bowl

☐ whisk

Directions

- ☐ Combine the first 6 ingredients in a small bowl; stir with a whisk. Cover and refrigerate for 15 minutes. Fold in the grapes and pecans.
- ☐ Sprinkle with Roasted Cumin Seeds; garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:37.98, Glycemic Load:5.75, Inflammation Score:-2, Nutrition Score:6.1308695803518%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

Nutrients (% of daily need)

Calories: 127.41kcal (6.37%), Fat: 4.59g (7.06%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 16.78g (6.1%), Sugar: 10.98g (12.2%), Cholesterol: 1.47mg (0.49%), Sodium: 292.15mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Manganese: 0.32mg (16.1%), Calcium: 158.11mg (15.81%), Phosphorus: 144.55mg (14.46%), Vitamin B2: 0.22mg (12.66%), Potassium: 333.91mg (9.54%), Vitamin B12: 0.45µg (7.47%), Copper: 0.15mg (7.28%), Vitamin B1: 0.11mg (7.02%), Zinc: 1.03mg (6.87%), Magnesium: 26.33mg (6.58%), Fiber: 1.41g (5.62%), Vitamin B5: 0.54mg (5.43%), Vitamin B6: 0.09mg (4.64%), Vitamin K: 4.78µg (4.55%), Selenium: 2.96µg (4.23%), Iron: 0.65mg (3.63%), Vitamin C: 2.62mg (3.18%), Folate: 11.06µg (2.76%), Vitamin B3: 0.31mg (1.55%)