



Swiss Chard Tzatziki (Yogurt Dip)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 dash cayenne
- ☐ 1 Tbsp olive oil extra virgin
- ☐ 1 garlic clove
- ☐ 1 Tbsp juice of lemon freshly squeezed
- ☐ 4 servings olive oil for drizzling on to the pita bread
- ☐ 3 9-inch pita breads (diameter)
- ☐ 1 cup yogurt plain
- ☐ 0.3 teaspoon salt

☐ 1 cup swiss chard leaves finely chopped (ribs removed)

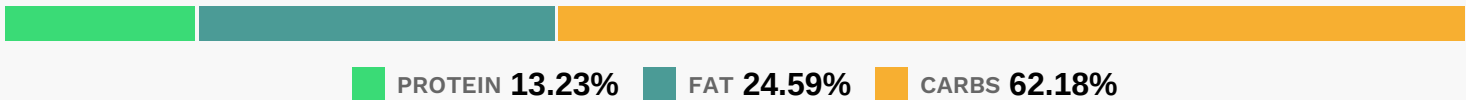
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ sieve
- ☐ broiler
- ☐ mortar and pestle
- ☐ pastry brush

Directions

- ☐ Bring a 1 or 2 quart saucepan, half filled with water, to a boil.
- ☐ Add the chopped chard leaves. Cook until tender, about 3–5 minutes. While the chard is cooking, prepare a bowl with ice water for an ice bath. When the chard is cooked, strain through a fine mesh strainer and put into the ice bath to stop the cooking.
- ☐ Drain and set aside.² Using mortar and pestle, grind the garlic and salt into a paste. In a medium-sized bowl, stir in the yogurt, chard, garlic, olive oil, lemon juice, and cayenne pepper. Set aside.³
- ☐ Cut the pita bread into triangles and layout in one layer in a broiling pan (use a sturdy broiling pan, not a cookie sheet or your cookie sheet will warp).
- ☐ Drizzle olive oil on one side of the pita wedges. Use a pastry brush to spread the olive oil more evenly.
- ☐ Place in a broiler. Broil for 5 minutes or until the pita bread starts to toast.
- ☐ Remove and let cool for a minute.
- ☐ Serve the tzatziki with the pita wedges.

Nutrition Facts



Properties

Glycemic Index:76.75, Glycemic Load:30.13, Inflammation Score:-5, Nutrition Score:9.5739131971546%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 228.1kcal (11.4%), Fat: 6.21g (9.55%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 33.9g (12.33%), Sugar: 3.06g (3.4%), Cholesterol: 7.96mg (2.65%), Sodium: 497.11mg (21.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Vitamin K: 76.96µg (73.3%), Manganese: 0.32mg (16.11%), Calcium: 129.25mg (12.93%), Vitamin A: 621.77IU (12.44%), Phosphorus: 118.9mg (11.89%), Vitamin B1: 0.18mg (11.69%), Vitamin B2: 0.15mg (8.93%), Magnesium: 29.85mg (7.46%), Vitamin B3: 1.31mg (6.54%), Copper: 0.12mg (6%), Zinc: 0.88mg (5.88%), Potassium: 204.59mg (5.85%), Fiber: 1.43g (5.71%), Vitamin C: 4.71mg (5.71%), Iron: 1.03mg (5.7%), Folate: 19.97µg (4.99%), Vitamin B5: 0.49mg (4.88%), Vitamin E: 0.72mg (4.83%), Vitamin B12: 0.23µg (3.78%), Vitamin B6: 0.06mg (2.97%), Selenium: 1.54µg (2.2%)