



Swiss Chard Tzatziki (Yogurt Dip)

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large leaves swiss chard
- ☐ 1 cup greek yogurt plain
- ☐ 1.5 Tbsp mint leaves fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 Tbsp olive oil extra virgin
- ☐ 1 teaspoon lemon zest
- ☐ 1 Tbsp juice of lemon

- ☐ 3 9-inch pita breads (diameter)
- ☐ 4 servings olive oil for drizzling on to the pita bread

Equipment

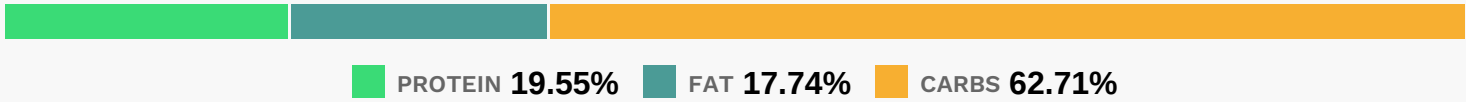
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ broiler
- ☐ slotted spoon
- ☐ pastry brush

Directions

- ☐ Blanch and chop the chard: Bring a 1 or 2 quart saucepan, half filled with water, to a boil.
- ☐ Add the chard leaves. Cook until tender, about 3 minutes.
- ☐ While the chard is cooking, prepare a bowl with ice water for an ice bath. When the chard is cooked, remove it with a slotted spoon and put into the ice bath to stop the cooking.
- ☐ When the chard has cooled, remove it from the ice water and bunch it into a ball. Wrap it in a paper towel and squeeze hard to remove excess moisture.
- ☐ Chop up the chard.
- ☐ Combine tzatziki ingredients:
- ☐ Put the Greek yogurt, chopped chard, chopped mint, garlic, salt, olive oil, lemon zest and lemon juice in a medium bowl. Stir to combine. Chill until ready to use (can make up to 3 days ahead).
- ☐ Cut the pita bread into triangles and layout in one layer in a broiling pan (use a sturdy sheet pan or broiling pan, not a thin 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 under a broiler. Broil for 5 minutes or until the pita bread starts to toast.

- ☐
- Remove and let cool for a minute.
- ☐
- Drizzle the tzatziki with a little olive oil and serve with toasted pita wedges.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:29.77, Inflammation Score:-9, Nutrition Score:14.38956511539%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 226.94kcal (11.35%), Fat: 4.46g (6.86%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 33.5g (12.18%), Sugar: 2.15g (2.39%), Cholesterol: 2.5mg (0.83%), Sodium: 544.65mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.11%), Vitamin K: 300.92µg (286.59%), Vitamin A: 2229.79IU (44.6%), Manganese: 0.43mg (21.48%), Vitamin C: 13.32mg (16.15%), Phosphorus: 141.55mg (14.16%), Vitamin B2: 0.23mg (13.61%), Calcium: 126.5mg (12.65%), Magnesium: 50.39mg (12.6%), Vitamin B1: 0.18mg (12.01%), Copper: 0.17mg (8.68%), Iron: 1.55mg (8.6%), Potassium: 286.19mg (8.18%), Vitamin E: 1.2mg (7.98%), Fiber: 1.95g (7.81%), Selenium: 5.39µg (7.7%), Vitamin B3: 1.49mg (7.43%), Zinc: 0.89mg (5.93%), Folate: 23.68µg (5.92%), Vitamin B12: 0.35µg (5.83%), Vitamin B6: 0.1mg (4.98%), Vitamin B5: 0.47mg (4.66%)