



WHATSheATE



Tomato & cucumber raita



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp cumin seeds
- ☐ 200 g yogurt low-fat
- ☐ 1 medium tomatoes diced deseeded
- ☐ 50 g cucumber diced
- ☐ 1 small handful cilantro leaves chopped

Equipment

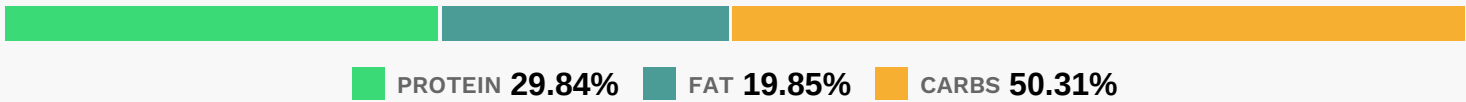
- ☐ bowl
- ☐ frying pan

☐ mortar and pestle

Directions

☐ Toast the cumin seeds in a dry frying pan. Grind to a powder using a pestle and mortar. Tip the yogurt into a bowl with the tomato, cucumber and coriander. Season with pepper and gently mix.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:3.0630435010661%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 31.41kcal (1.57%), Fat: 0.71g (1.1%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.67g (1.33%), Sugar: 3.61g (4.01%), Cholesterol: 2.4mg (0.8%), Sodium: 29.97mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Calcium: 78.57mg (7.86%), Phosphorus: 66.51mg (6.65%), Vitamin A: 287.84IU (5.76%), Vitamin B2: 0.09mg (5.55%), Vitamin C: 4.23mg (5.13%), Vitamin K: 5.23µg (4.98%), Potassium: 171.55mg (4.9%), Vitamin B12: 0.22µg (3.73%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.42mg (2.83%), Magnesium: 11.3mg (2.82%), Folate: 10µg (2.5%), Vitamin B6: 0.05mg (2.3%), Manganese: 0.04mg (2.19%), Vitamin B1: 0.03mg (2.07%), Selenium: 1.34µg (1.92%), Fiber: 0.4g (1.59%), Copper: 0.03mg (1.48%), Vitamin E: 0.17mg (1.14%), Iron: 0.2mg (1.13%), Vitamin B3: 0.21mg (1.05%)