



## Tzadziki

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



456 kcal

SIDE DISH

## Ingredients

- 2 cucumber grated peeled seeded
- 0.3 tsp sea salt
- 1.5 cups yogurt
- 0.5 cup cream sour
- 3 Tbs olive oil
- 1 Tbs vinegar
- 2 cloves garlic finely minced
- 0.3 tsp pepper white

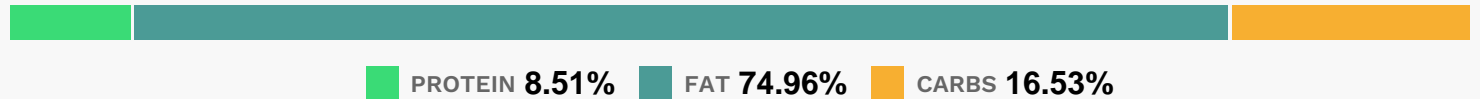
1 tsp dill dried fresh chopped

## Equipment

## Directions

- Salt lightly the cucumbers, mix and set aside for 5 minutes to release the water. To remove as much water as possible from the grated cucumber, squeeze it in small quantities with hands.
- Mix and combine yogurt, sour cream, olive oil, vinegar, garlic and white pepper until smooth.
- Add cucumbers and dill, mix and combine. Adjust the seasoning.
- Chill for at least two hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:57, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:15.434782608696%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Taste

Sweetness: 38.02%, Saltiness: 2.23%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 455.54kcal (22.78%), Fat: 38.65g (59.46%), Saturated Fat: 12.6g (78.76%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 16.88g (6.14%), Sugar: 14.7g (16.33%), Cholesterol: 57.81mg (19.27%), Sodium: 401.17mg (17.44%), Protein: 9.87g (19.74%), Calcium: 338.39mg (33.84%), Vitamin K: 35.52µg (33.83%), Phosphorus: 289.39mg (28.94%), Vitamin B2: 0.44mg (25.74%), Vitamin E: 3.45mg (22.97%), Potassium: 793.9mg (22.68%), Magnesium: 67.16mg (16.79%), Vitamin B5: 1.65mg (16.46%), Manganese: 0.32mg (16.02%), Vitamin A: 785.66IU (15.71%), Vitamin C: 12.29mg (14.89%), Folate: 58.43µg (14.61%), Vitamin B6: 0.28mg (14.07%), Vitamin B12: 0.8µg (13.34%), Copper: 0.25mg (12.74%), Zinc: 1.84mg (12.27%), Vitamin B1: 0.17mg (11.06%), Selenium: 6.94µg (9.92%), Fiber: 2.31g (9.24%), Iron: 1.25mg (6.96%), Vitamin B3: 0.34mg (1.69%), Vitamin D: 0.18µg (1.23%)