



Tzatsiki



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup optional: dill
- ☐ 1 cucumber english peeled
- ☐ 10 cloves garlic smashed finely chopped
- ☐ 2 servings kosher salt black
- ☐ 2.5 cups greek yogurt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 shallots sliced

☐ 1 cup vinegar white

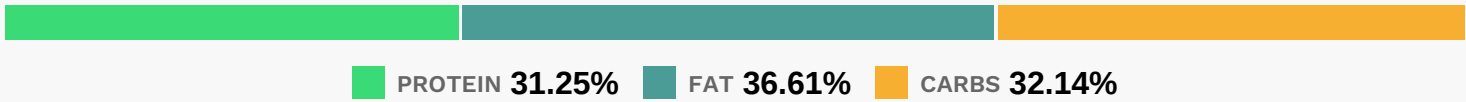
Equipment

- ☐ food processor
- ☐ mixing bowl
- ☐ spatula

Directions

- ☐ Quarter the cucumber lengthwise and trim off the triangular wedge of seeds.
- ☐ Cut the cucumber into a very small, even dice.
- ☐ Transfer it to a mixing bowl.
- ☐ In a food processor, combine the garlic, vinegar, shallots, and dill. Pulse until finely chopped but not puréed.
- ☐ Add the mixture to the cucumbers; add the yogurt. Fold together with a rubber spatula, adding olive oil and lemon juice. Season liberally with kosher salt and pepper, starting off with 1 tablespoon salt. Taste for seasoning. You can store Tzatsiki in a covered, clean jar in the refrigerator for up to 1 week.
- ☐ * The Wedge: Smear some Tzatsiki onto a pita triangle. Top with a tiny pinch of dry Greek oregano, a few pieces of diced tomato or a halved grape or cherry tomato, and a few salami matchsticks.
- ☐ Reprinted with permission from How to Roast a Lamb: New Greek Classic Cooking by Michael Psilakis, © October 2009 Little Brown

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:24.959130764008%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg,

Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 10.22mg, Isorhamnetin: 10.22mg, Isorhamnetin: 10.22mg, Isorhamnetin: 10.22mg Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg, Kaempferol: 3.37mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 393.46kcal (19.67%), Fat: 15.51g (23.87%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 27.44g (9.98%), Sugar: 15.19g (16.88%), Cholesterol: 12.5mg (4.17%), Sodium: 312.65mg (13.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.59%), Vitamin B2: 0.85mg (50.02%), Vitamin C: 38.66mg (46.86%), Manganese: 0.91mg (45.36%), Phosphorus: 450.76mg (45.08%), Selenium: 28.58µg (40.83%), Calcium: 404.84mg (40.48%), Vitamin A: 1985.48IU (39.71%), Vitamin K: 33.68µg (32.08%), Vitamin B6: 0.63mg (31.44%), Vitamin B12: 1.75µg (29.17%), Potassium: 991.76mg (28.34%), Folate: 83.7µg (20.92%), Magnesium: 76.36mg (19.09%), Iron: 3.13mg (17.38%), Vitamin B5: 1.56mg (15.63%), Zinc: 2.23mg (14.89%), Vitamin E: 2.14mg (14.27%), Fiber: 3.2g (12.81%), Copper: 0.24mg (11.87%), Vitamin B1: 0.17mg (11.52%), Vitamin B3: 1.26mg (6.31%)