



Tzatziki

 Vegetarian  Gluten Free

READY IN



19 min.

SERVINGS



10

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch pepper black freshly ground
- 1 hothouse cucumber unpeeled seeded
- 1.5 teaspoons optional: dill fresh minced
- 1.5 teaspoons garlic minced
- 1 tablespoon kosher salt
- 2 tablespoons juice of lemon freshly squeezed (1 lemon)
- 1 tablespoon olive oil good
- 0.5 cup cup heavy whipping cream sour

- 1 tablespoon citrus champagne vinegar
- 1 pound yogurt plain whole low fat (1 pint) (milk or)

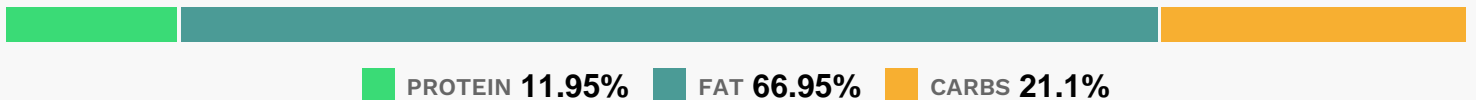
Equipment

- bowl
- paper towels
- sieve
- cheesecloth

Directions

- Watch how to make this recipe.
- Place the yogurt in a cheesecloth or paper towel-lined sieve and set it over a bowl. Grate the cucumber and toss it with 1 tablespoon of kosher salt; place it in another sieve, and set it over another bowl.
- Place both bowls in the refrigerator for 3 to 4 hours so the yogurt and cucumber can drain.
- Transfer the thickened yogurt to a large bowl. Squeeze as much liquid from the cucumber as you can and add the cucumber to the yogurt.
- Mix in the sour cream, vinegar, lemon juice, olive oil, garlic, dill, 1/2 teaspoon salt, and pepper. You can serve it immediately, but I prefer to allow the tzatziki to sit in the refrigerator for a few hours for the flavors to blend.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:2.5378261053044%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 68.06kcal (3.4%), Fat: 5.16g (7.94%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.43g (1.25%), Sugar: 3g (3.33%), Cholesterol: 12.68mg (4.23%), Sodium: 722.94mg (31.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Calcium: 72.31mg (7.23%), Phosphorus: 59.21mg (5.92%), Vitamin B2: 0.09mg (5.43%), Potassium: 131.36mg (3.75%), Vitamin B12: 0.19µg (3.2%), Vitamin C: 2.61mg (3.17%), Vitamin K: 3.29µg (3.13%), Vitamin B5: 0.29mg (2.94%), Vitamin A: 139.58IU (2.79%), Magnesium: 10.59mg (2.65%), Zinc: 0.37mg (2.44%), Folate: 8.7µg (2.18%), Selenium: 1.52µg (2.18%), Vitamin B6: 0.04mg (2.08%), Vitamin E: 0.29mg (1.91%), Manganese: 0.04mg (1.84%), Vitamin B1: 0.03mg (1.76%), Copper: 0.03mg (1.51%)