



Tzatziki



Vegetarian



Gluten Free



Popular

READY IN



195 min.

SERVINGS



6

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb cucumber english peeled seeded
- ☐ 3 tbsp olive oil extra virgin
- ☐ 1 tbsp mint leaves fresh chopped
- ☐ 1 clove garlic crushed to taste ()
- ☐ 1 tbsp juice of lemon fresh to taste ()
- ☐ 1.5 cups greek yogurt plain
- ☐ 0.3 tsp salt to taste ()

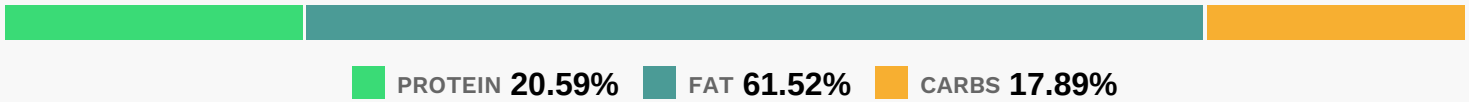
Equipment

- ☐ bowl
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Tzatziki
- ☐ Ingredients1 1/2 cups plain lowfat Greek yogurt1 lb Persian or English cucumbers, peeled and seeded3 tbsp extra virgin olive oil1 tbsp fresh chopped mint or dill1 clove garlic, crushed (or more to taste)1 tbsp fresh lemon juice (or more to taste)1/4 tsp salt (or more to taste)Fresh mint sprig for garnish (optional)You will also need
- ☐ Cheesecloth or clean dishtowel, colander, bowl
- ☐ Prep Time: 2 - 3 Hours
- ☐ Total Time: 2:15 - 3 Hours 15 Minutes
- ☐ Servings: 1 1/2 cups tzatziki
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.7826086891734%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 117.64kcal (5.88%), Fat: 8.22g (12.65%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.96g (1.81%), Sugar: 3.59g (3.99%), Cholesterol: 3.28mg (1.09%), Sodium: 121.9mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin K: 16.62µg (15.83%), Calcium: 80.03mg (8%), Vitamin E: 1.03mg (6.9%), Vitamin C: 3.33mg (4.03%), Manganese: 0.07mg (3.59%), Potassium: 117.32mg (3.35%), Magnesium: 10.32mg (2.58%), Vitamin A: 123.67IU (2.47%), Vitamin B5: 0.2mg (2.03%), Phosphorus: 19.3mg (1.93%), Vitamin B6: 0.04mg (1.9%), Copper: 0.03mg (1.69%), Fiber: 0.42g (1.67%), Vitamin B2: 0.03mg (1.56%), Folate: 6.11µg (1.53%), Iron: 0.28mg (1.53%), Vitamin B1: 0.02mg (1.48%), Zinc: 0.16mg (1.08%)