



Tzatziki



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cucumber english grated peeled (1 medium)
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup greek yogurt plain fat-free (such as Fage)
- ☐ 0.3 teaspoon salt

Equipment

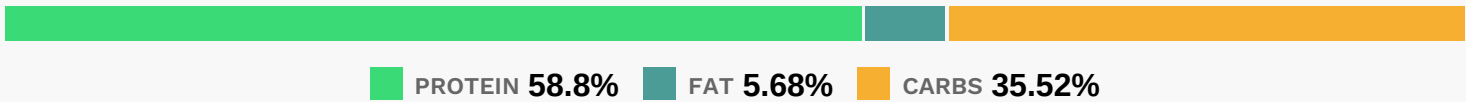
- ☐ bowl

☐ paper towels

Directions

- ☐ Pat cucumber dry with paper towels.
- ☐ Combine cucumber and remaining ingredients in a small bowl; cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1878260830822%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 14.68kcal (0.73%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.83g (0.92%), Cholesterol: 1mg (0.33%), Sodium: 65.76mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin B2: 0.06mg (3.61%), Phosphorus: 30.6mg (3.06%), Selenium: 2.06µg (2.94%), Calcium: 25.88mg (2.59%), Vitamin B12: 0.14µg (2.33%), Vitamin K: 1.79µg (1.71%), Potassium: 48.21mg (1.38%), Manganese: 0.03mg (1.37%), Vitamin B6: 0.02mg (1.07%), Magnesium: 4.11mg (1.03%)