



Tzatziki



Vegetarian



Gluten Free

READY IN



380 min.

SERVINGS



6

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large cucumber shredded english peeled
- ☐ 0.3 cup olive oil extra virgin
- ☐ 5 cloves garlic minced
- ☐ 32 ounces yogurt plain
- ☐ 6 servings salt to taste
- ☐ 3 tablespoons distilled vinegar white

Equipment

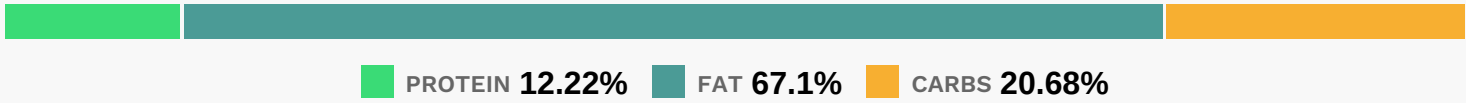
- ☐ bowl

☐ cheesecloth

Directions

- ☐ Place a cheese cloth over a medium bowl and strain the yogurt 6 hours in the refrigerator, or over night.
- ☐ Drain as much excess liquid from the cucumber and garlic as possible.
- ☐ In a large bowl, mix together the yogurt, cucumber, garlic, vinegar, olive oil and salt. Stir until a thick mixture has formed.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.57, Inflammation Score:-3, Nutrition Score:6.4482608929924%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 184.46kcal (9.22%), Fat: 13.98g (21.51%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 9.39g (3.41%), Sugar: 7.91g (8.79%), Cholesterol: 19.66mg (6.55%), Sodium: 265.11mg (11.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Calcium: 196.16mg (19.62%), Phosphorus: 159.78mg (15.98%), Vitamin B2: 0.23mg (13.76%), Vitamin K: 13.96µg (13.3%), Vitamin E: 1.4mg (9.36%), Vitamin B12: 0.56µg (9.32%), Potassium: 318.17mg (9.09%), Vitamin B5: 0.73mg (7.33%), Zinc: 1.02mg (6.82%), Magnesium: 25.35mg (6.34%), Selenium: 3.87µg (5.53%), Vitamin B6: 0.1mg (4.97%), Manganese: 0.09mg (4.61%), Vitamin B1: 0.06mg (4.16%), Vitamin A: 202.41IU (4.05%), Vitamin C: 2.94mg (3.56%), Folate: 14.16µg (3.54%), Copper: 0.04mg (2.11%), Iron: 0.31mg (1.74%), Fiber: 0.3g (1.21%), Vitamin D: 0.15µg (1.01%)