



Tzatziki (Greek Cucumber Salad)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



29 kcal

SIDE DISH

Ingredients

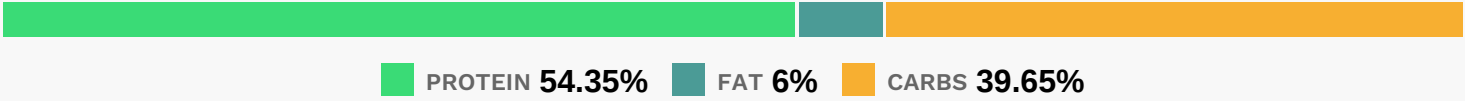
- ☐ 0.5 cup cucumber shredded peeled seeded drained (, , and , squeezed and)
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 cloves garlic minced ()
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon ouzo
- ☐ 4 servings salt & pepper to taste
- ☐ 0.5 cup strained yogurt

Equipment

Directions

☐ Mix everything and let chill in the fridge for an hour or more to let the flavours mingle.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.6773913117207%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 29.01kcal (1.45%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.16g (1.28%), Cholesterol: 1.25mg (0.42%), Sodium: 203.51mg (8.85%), Alcohol: 1.25g (100%), Alcohol %: 3.1% (100%), Protein: 2.79g (5.57%), Vitamin B2: 0.08mg (4.53%), Phosphorus: 40.3mg (4.03%), Selenium: 2.71µg (3.87%), Calcium: 33.35mg (3.33%), Vitamin C: 2.54mg (3.07%), Vitamin B12: 0.17µg (2.92%), Vitamin B6: 0.05mg (2.25%), Manganese: 0.04mg (2.12%), Potassium: 68.59mg (1.96%), Vitamin B5: 0.14mg (1.37%), Magnesium: 5.41mg (1.35%), Folate: 5.02µg (1.26%), Zinc: 0.18mg (1.22%), Vitamin K: 1.22µg (1.16%), Copper: 0.02mg (1.11%)