



Tzatziki Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small cucumber grated
- 1 Bunch optional: dill fresh finely chopped
- 8 servings kosher salt
- 1 lemon zest
- 1 Bunch mint leaves fresh finely chopped
- 1 cup yogurt greek-style

Equipment

- bowl

Directions

- In a small bowl, combine the cucumber, mint, dill, lemon zest, and yogurt. Season with salt, to taste, and serve with the gyros.

Nutrition Facts

PROTEIN 59.73% **FAT 6.53%** **CARBS 33.74%**

Properties

Glycemic Index:3.75, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.5895651996784%

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 Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 18.38kcal (0.92%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.28g (0.47%), Sugar: 1.12g (1.25%), Cholesterol: 1.25mg (0.42%), Sodium: 203.46mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin B2: 0.08mg (4.56%), Phosphorus: 38.69mg (3.87%), Selenium: 2.5µg (3.57%), Calcium: 33.12mg (3.31%), Vitamin B12: 0.17µg (2.92%), Vitamin C: 1.86mg (2.26%), Potassium: 67.12mg (1.92%), Magnesium: 5.71mg (1.43%), Vitamin B6: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.35%), Vitamin K: 1.42µg (1.35%), Folate: 5.37µg (1.34%), Manganese: 0.02mg (1.23%), Zinc: 0.18mg (1.17%), Copper: 0.02mg (1.05%), Fiber: 0.26g (1.04%)