



Tzatziki Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cucumber diced peeled seeded
- 1 tablespoon optional: dill fresh chopped
- 3 cloves garlic peeled
- 0.5 juice of lemon juiced
- 2 tablespoons olive oil
- 16 ounce yogurt plain
- 8 servings salt and pepper to taste

Equipment

food processor

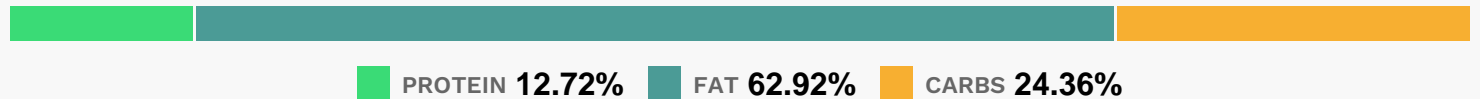
blender

Directions

In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic. Process until well-combined.

Transfer to a separate dish, cover and refrigerate for at least one hour for best flavor.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.77, Inflammation Score:-2, Nutrition Score:3.6165217174136%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 76.64kcal (3.83%), Fat: 5.47g (8.42%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.74g (4.15%), Cholesterol: 7.37mg (2.46%), Sodium: 221.68mg (9.64%), Alcohol: 0g (100%), Protein: 2.49g (4.98%), Calcium: 81.51mg (8.15%), Vitamin K: 7.64µg (7.28%), Phosphorus: 71.52mg (7.15%), Vitamin B2: 0.1mg (5.94%), Potassium: 196.77mg (5.62%), Vitamin C: 3.8mg (4.61%), Vitamin B5: 0.41mg (4.1%), Magnesium: 16.23mg (4.06%), Manganese: 0.08mg (3.86%), Vitamin E: 0.56mg (3.76%), Folate: 14.95µg (3.74%), Vitamin B6: 0.07mg (3.56%), Vitamin B12: 0.21µg (3.5%), Zinc: 0.48mg (3.18%), Copper: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.83%), Vitamin A: 114.2IU (2.28%), Fiber: 0.56g (2.22%), Selenium: 1.48µg (2.12%), Iron: 0.24mg (1.33%)