

Tzatziki Sauce II

 Vegetarian  Gluten Free

READY IN



360 min.

SERVINGS



3

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large cucumber shredded peeled seeded
- 0.3 cup mint leaves fresh chopped
- 2 cloves garlic crushed
- 0.3 teaspoon ground pepper black
- 2 cups yogurt plain
- 0.5 teaspoon salt

Equipment

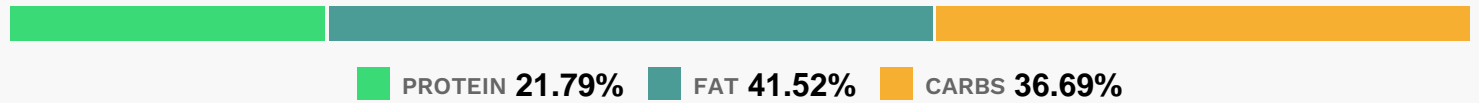
- bowl

cheesecloth

Directions

- Use a cheese cloth to strain the yogurt over a bowl for 3 to 4 hours, until most of the water has drained.
- Press excess liquid out of the shredded cucumber. In a medium bowl, stir together the cucumber and strained yogurt.
- Mix in the garlic, salt, pepper and mint. Chill the mixture for 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.86, Inflammation Score:-4, Nutrition Score:7.5721739115922%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 116.86kcal (5.84%), Fat: 5.51g (8.47%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 9.92g (3.61%), Sugar: 8.92g (9.91%), Cholesterol: 21.23mg (7.08%), Sodium: 466.12mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13.01%), Calcium: 224.41mg (22.44%), Phosphorus: 180.83mg (18.08%), Vitamin B2: 0.27mg (15.75%), Potassium: 411.75mg (11.76%), Vitamin B12: 0.6µg (10.07%), Vitamin B5: 0.89mg (8.86%), Manganese: 0.17mg (8.72%), Magnesium: 34.6mg (8.65%), Zinc: 1.19mg (7.93%), Vitamin A: 389.29IU (7.79%), Folate: 28.86µg (7.22%), Vitamin K: 7.35µg (7%), Vitamin C: 5.62mg (6.81%), Vitamin B6: 0.13mg (6.5%), Selenium: 3.98µg (5.69%), Vitamin B1: 0.08mg (5.57%), Copper: 0.1mg (5.09%), Fiber: 1.04g (4.15%), Iron: 0.53mg (2.95%), Vitamin B3: 0.24mg (1.18%), Vitamin D: 0.16µg (1.09%)