



Yia Yia's Tzatziki Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



25

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cucumbers english
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 tablespoons garlic minced
- ☐ 16 ounce greek yogurt
- ☐ 32 ounce cup heavy whipping cream sour

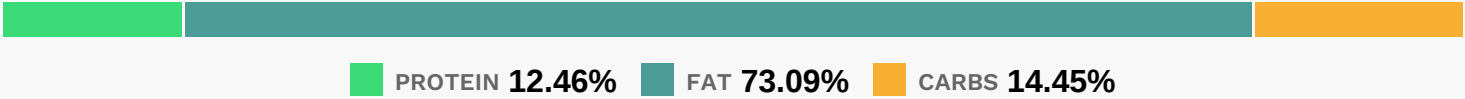
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐
- Peel cucumbers and grate into a colander. Squeeze out excess water.
- ☐
- Mix together sour cream, yogurt, garlic, and olive oil in a large bowl. Stir in cucumbers. Chill at least 30 minutes and up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:1.2, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.5565217292827%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 92.42kcal (4.62%), Fat: 7.7g (11.84%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.24g (2.49%), Cholesterol: 22.32mg (7.44%), Sodium: 18.38mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin B2: 0.12mg (7.09%), Calcium: 61.79mg (6.18%), Phosphorus: 58.99mg (5.9%), Vitamin A: 252.05IU (5.04%), Selenium: 3.3µg (4.72%), Vitamin K: 4.83µg (4.6%), Vitamin B12: 0.2µg (3.39%), Potassium: 108.79mg (3.11%), Vitamin B5: 0.25mg (2.48%), Magnesium: 8.9mg (2.23%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.27mg (1.81%), Manganese: 0.04mg (1.76%), Vitamin E: 0.23mg (1.52%), Vitamin C: 1.2mg (1.45%), Folate: 5.15µg (1.29%), Vitamin B1: 0.02mg (1.27%), Copper: 0.02mg (1.07%)