



Yogurt-Cucumber Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups cucumber english seeded finely chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups yogurt plain low-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt divided

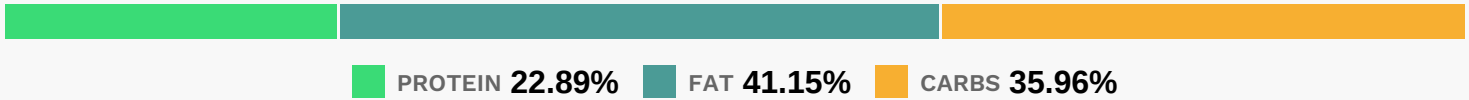
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ spatula
- ☐ colander

Directions

- ☐ Place the chopped cucumber in a colander, and sprinkle with 3/4 teaspoon salt. Toss well, and drain for 30 minutes.
- ☐ Place the cucumber on several layers of paper towels, and cover with additional paper towels.
- ☐ Let the cucumber stand for 5 minutes, pressing down occasionally to absorb any excess water.
- ☐ While cucumber drains, spoon yogurt into a colander lined with a double thickness of paper towels or a coffee filter.
- ☐ Let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula. Stir in cucumber, mint, oil, remaining 1/4 teaspoon salt, pepper, and garlic. Refrigerate, covered, until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.706956539465%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg 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: 46.92kcal (2.35%), Fat: 2.19g (3.37%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.67g (4.08%), Cholesterol: 2.94mg (0.98%), Sodium: 267.56mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Calcium: 95.65mg (9.56%), Phosphorus: 75.41mg

(7.54%), Vitamin B2: 0.11mg (6.62%), Vitamin B12: 0.27µg (4.57%), Potassium: 142.59mg (4.07%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.48mg (3.21%), Vitamin K: 3.16µg (3.01%), Magnesium: 11.06mg (2.77%), Selenium: 1.74µg (2.49%), Manganese: 0.04mg (2.05%), Vitamin B6: 0.04mg (1.9%), Folate: 7.47µg (1.87%), Vitamin B1: 0.03mg (1.81%), Vitamin A: 81.45IU (1.63%), Vitamin C: 1.26mg (1.53%), Vitamin E: 0.22mg (1.47%)