



Yogurt-Cucumber Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



29 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup cucumber shredded unpeeled seeded drained
- ☐ 2 teaspoons mint leaves fresh finely chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup yogurt plain low-fat

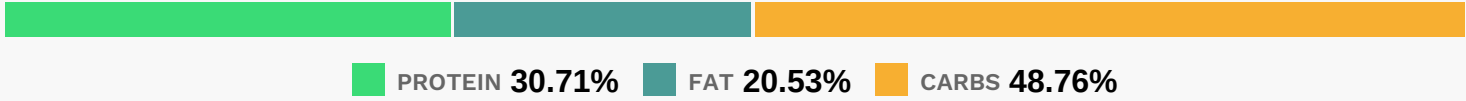
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl; stir well.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1882608973462%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 28.89kcal (1.44%), Fat: 0.67g (1.03%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.45g (1.26%), Sugar: 3.23g (3.59%), Cholesterol: 2.45mg (0.82%), Sodium: 29mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Calcium: 77.6mg (7.76%), Phosphorus: 62.76mg (6.28%), Vitamin B2: 0.09mg (5.44%), Vitamin B12: 0.23µg (3.81%), Potassium: 123.88mg (3.54%), Vitamin C: 2.83mg (3.42%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.4mg (2.64%), Magnesium: 9.32mg (2.33%), Folate: 7.93µg (1.98%), Selenium: 1.37µg (1.96%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.03mg (1.55%), Vitamin K: 1.28µg (1.22%)