

# Turkish Cacik

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-turkish-cacik-with-spinach>

## Ingredients:

- 1 cup plain yogurt
- 2 cucumbers small, peeled and diced into small cubes
- 3 tablespoons chopped walnuts finely, to give crunchy taste
- 2 tablespoons fresh dill finely chopped
- 1 teaspoon lemon juice
- 1 clove garlic minced in salt
- 1 tablespoon extra-virgin olive oil
- crushed red pepper as a garnish, optional
- walnuts whole, as a garnish, optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 10 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 30 milligrams
9. Sugar: 7 grams

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