

# Cucumber Raita

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/coriander-raita-recipe-indian>

## Ingredients:

- 1 cup plain yogurt \$0.54
- 1/2 cucumber medium, \$0.30
- 1/2 inch fresh ginger \$0.09
- 1/4 teaspoon coriander \$0.02
- 1/4 teaspoon cumin \$0.02
- 1/4 teaspoon salt \$0.02
- 1 handful fresh cilantro or mint \$0.21

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 10 milligrams
4. Fat: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 180 milligrams
8. Sugar: 4 grams

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