

Raita

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/world-s-best-indian-yogurt-and-cucumber-recipe>

Ingredients:

- 1 cup plain yogurt
- 1/2 cucumber large
- 1 tomato medium
- 6 cilantro springs of
- 1 chili pepper small
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon masala powder
- sea salt

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 270 milligrams
9. Sugar: 5 grams

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