

# Tzatziki (Greek Cucumber-Yogurt Sauce)

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-cucumber-yogurt-sauce-recipe>

## Ingredients:

- 1 cucumbers large or 3 small, about 8 – 10 oz
- 1 cup plain greek yogurt I like the Fage 5%
- 1 clove garlic minced
- 3 tablespoons herbs minced, such as mint and/or dill
- 1 1/2 tablespoons lemon juice fresh-squeeze, from about 1/2 a lemon
- 1/2 teaspoon kosher salt

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 15 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 660 milligrams
9. Sugar: 9 grams

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