

# Greek yoghurt sauce with garlic and cucumber

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 cups Greek yoghurt with more than 10% fat content
- 2 cucumbers
- 5 cloves garlic
- salt
- pepper
- 2 tablespoons olive oil
- 1/2 lemon
- 1 sprig dill
- 6 mint leaves optional
- Greek yoghurt
- Greek yogurt
- tzatziki
- tzatziki sauce
- tzatziki sauce recipe

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 6 grams
8. Sodium: 310 milligrams
9. Sugar: 15 grams

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