

# Tzatziki (Greek Yogurt and Cucumber Sauce)

Yield: 3 min  
Total Time: 30 min

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

## Ingredients:

- 3 cups greek yogurt or regular plain yogurt, strained as described above
- 1 lemon about 3 T juice
- 1 garlic cloves chopped
- 2 cucumber medium, seeded and diced
- 1 tablespoon kosher salt for salting cucumbers
- 1 tablespoon fresh dill finely chopped, can substitute mint leaves for a slightly different version
- ground black pepper
- kosher salt

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 2770 milligrams
9. Sugar: 16 grams

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