

Healthy Indian Raita

Yield: 8 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-indian-lunch-recipe>

Ingredients:

- 1 cup yogurt choice
- 1/2 cup cucumber grated
- 1/2 stalk green onion chopped, or regular white onion
- 2 tablespoons cilantro chopped
- 1/8 teaspoon coriander
- 1/8 teaspoon cumin
- salt to taste, ~? – ¼ tsp
- 1 pinch pepper

Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 5 milligrams
4. Fat: 0.5 grams
5. Protein: 1 grams
6. Sodium: 110 milligrams
7. Sugar: 1 grams

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