

Carrot Cucumber Raita

Yield: 4 min
Total Time: 21 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-india-indian-cucumber-raita>

Ingredients:

- 1 cup greek yogurt
- 1 cucumber large, half grated on a coarse microplane and half coarsely chopped
- 1 medium carrot peeled and coarsely grated
- 1/4 cup fresh cilantro finely chopped
- 1/2 teaspoon black mustard seeds
- 1/2 teaspoon ground cumin
- salt to taste

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 10 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 240 milligrams
9. Sugar: 5 grams

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