

Persian Cucumber Salad with Walnuts and Sultanas

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-cucumbers-recipe>

Ingredients:

- 1 3/8 cups yoghurt natural, strained
- 1 cucumber large, peeled and roughly diced
- 2 tablespoons toasted walnuts roughly chopped
- 1 tablespoon fresh dill chopped
- 1 tablespoon chopped fresh mint
- 3 tablespoons sultanas roughly chopped, I didn't chop mine, I like nice bites of sweetness
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 230 milligrams
9. Sugar: 6 grams

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