

Tzatziki Sauce

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-yogurt-garlic-sauce-recipe>

Ingredients:

- 1 cup plain whole milk yogurt
- 1/2 cucumber medium, peeled, seeded, and finely diced
- 3/8 teaspoon salt
- 1 tablespoon fresh lemon juice
- 1 garlic clove small, minced or pressed
- 1 tablespoon chopped fresh mint finely, or dill

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 10 milligrams
4. Fat: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 4 grams

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