

Vegan Raita (Indian Cucumber Yogurt Sauce)

Yield: 7 min
Total Time: 10 min

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

Ingredients:

- 3/4 cup vegan yogurt plain unsweetened
- 1/4 cup vegan sour cream or substitute more vegan yogurt
- 1 cup cucumber grated, seeded, approximately 1/2 medium English cucumber
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh mint finely chopped
- 1 tablespoon cilantro finely chopped
- 1 garlic clove
- 1/4 teaspoon granulated garlic
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon onion powder
- 1/2 teaspoon salt

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 6 grams
3. Fat: 2.5 grams
4. Protein: 2 grams
5. SaturatedFat: 1.5 grams
6. Sodium: 190 milligrams
7. Sugar: 1 grams

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