

# Mango Rice with Cucumber Mint Raita

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 cucumber
- mint a small bunch
- 1/4 teaspoon cumin powder
- 1 cup yogurt
- salt

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 220 milligrams
9. Sugar: 6 grams

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