

Thick and Creamy Restaurant-Style Tzatziki Dip

Yield: 1 min
Total Time: 120 min

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

Ingredients:

- 1 cup yogurt full-fat,
- 1/4 cup English cucumber packed, freshly grated, skin on
- 1/2 teaspoon garlic powder
- 1 pinch salt
- garlic fresh, mashed into a paste and salted, optional
- mint optional
- dill optional
- parsley optional
- fresh lemon juice and/or lemon zest, optional
- olive oil optional
- vegetables cucumbers, carrots, bell pepper slices, celery, optional for serving
- pita bread or chips, optional for serving

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 25 milligrams
4. Fat: 29 grams
5. Fiber: 10 grams
6. Protein: 16 grams
7. SaturatedFat: 7 grams
8. Sodium: 720 milligrams
9. Sugar: 23 grams

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