

Cucumber Salad with Dill

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-cucumber-salad-recipe-with-yogurt-and-oil>

Ingredients:

- 4 cucumbers
- salt to taste
- 3 garlic cloves
- 2/3 cup plain yogurt
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh dill minced
- ground white pepper Freshly, to taste
- 3 tablespoons extra-virgin olive oil

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 220 milligrams
9. Sugar: 8 grams

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