

# Cold Cucumber Soup

Yield: 1 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-cold-cucumber-soup-recipe>

## Ingredients:

- 1 cup seedless cucumber peeled and diced
- 1/2 cup water
- 1 cup plain greek yogurt
- 1 green onion diced
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh dill
- 2 tablespoons fresh parsley
- 1 teaspoon herbs salted, I buy this ready-made at my local grocery store

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 130 milligrams
9. Sugar: 15 grams

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