

Tzatziki

Yield: 1 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/mint-greek-yogurt-recipe>

Ingredients:

- 1 1/2 cups plain lowfat greek yogurt
- 1 pound English cucumbers or Persian, peeled and seeded
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon mint fresh chopped, or dill
- 1 clove garlic crushed, or more to taste
- 1 tablespoon fresh lemon juice or more to taste
- 1/4 teaspoon salt or more to taste
- fresh mint sprig for garnish, optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 22 grams
3. Fat: 41 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 6 grams
7. Sodium: 600 milligrams
8. Sugar: 9 grams

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