

Tzatziki (Minted Cucumber Dip)

The Essential Appetizers Cookbook (1999)
Whitecap Books

1 Lebanese cucumber, finely grated
2 cloves garlic, crushed
8 ounces natural yogurt
1 teaspoon white vinegar
1 teaspoon fresh dill, chopped
1 teaspoon fresh mint, chopped
salt (to taste)
black pepper (to taste)

Finely grate the cucumber and squeeze out the excess moisture.

In a bowl, mix together the cucumber, garlic, yogurt, vinegar, dill and mint.

Add salt and pepper to taste.

Serve with pita bread, Turkish bread or crudites.

Per Serving (excluding unknown items): 11 Calories; trace Fat (2.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	11	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	82.3%	Thiamin B1 (mg):	0mg
% Calories from Protein:	15.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	1/2
Potassium (mg):	39mg	Fruit:	0

Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 91IU
Vitamin A (r.e.): 9RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 11 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	2%
Vitamin C	4%
Calcium	2%
Iron	2%

** Percent Daily Values are based on a 2000 calorie diet.*