

Tzatziki Sauce

A true Mediterranean favorite is the famous tzatziki sauce; you know, the sauce you get on a gyro?! This is it!! This sauce is a protein rich source with high quality ingredients. It pairs nicely with warm pita or raw veggies for a snack, on a gyro, or alongside falafel.

Ingredients:

1 small	English cucumber, peeled and sliced
1 tsp	Salt
1 tsp	White vinegar
1 tbs	Extra virgin olive oil
2 cups	Plain Greek yogurt, nonfat
1 tsp	Ground black pepper

Directions:

1. After peeling and slicing the cucumber, place in a food processor. Pulse until cucumber is grated and somewhat smooth. Remove from food processor onto a double folded, large paper towel or kitchen towel. Wrap the grated cucumber in the towel and squeeze until all the water is drained from the cucumber.
2. Place cucumber in a large bowl and combine with rest of ingredients. Mix until all are combined.
3. This will keep well in the fridge for 6-7 days. Serve alongside warm pita, raw veggies, falafel, or on a gyro.

Nutrition Facts:

Servings: 8

Serving size: about ¼ cup

Tzatziki Sauce		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	56.5 kcal	3 %
Total Fat	1.9 g	3 %
Saturated Fat	0.3 g	2 %
Trans Fat	0 g	
Cholesterol	3.1 mg	1 %
Sodium	162.4 mg	7 %
Total Carbohydrate	3.4 g	1 %
Dietary Fiber	0.4 g	1 %
Sugars	2.3 g	
Protein	6.6 g	13 %
Vitamin A	1 % • Vitamin C	3 %
Calcium	8 % • Iron	1 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>