



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Persian Cucumber Yogurt

Persian cucumber yogurt is a refreshing and healthy dish that is commonly consumed in Persian cuisine. It is made with yogurt, Persian cucumbers, and various herbs and spices. This dish is often served as a side dish or as a dip with bread or vegetables. It is a great option for vegetarians.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	greek yogurt
300 g	persian cucumbers
10 g	fresh mint
10 g	fresh dill
20 g	lemon juice

2
cloves garlic

5 g salt

2 g black pepper

Directions

Step 1

Cutting

Grate the Persian cucumbers and squeeze out the excess liquid.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Finely chop the fresh mint and dill.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Mince the garlic cloves.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Mixing

In a mixing bowl, combine the Greek yogurt, grated cucumbers, chopped mint and dill, minced garlic, lemon juice, salt, and black pepper. Mix well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate the Persian cucumber yogurt for at least 1 hour before serving to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 60 kcal

Fat: 0 g

Protein: 5 g

Carbohydrates: 11 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	11 g	20%	22%
Fibers	1 g	2.63%	4%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue Game Day

Cuisines

Italian Mediterranean Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers

Meal Type

Brunch Supper

Difficulty Level

Medium

Visit our website: healthdor.com