

Tzatziki Sauce

Recipe from <https://www.wyldflour.com/5-minute-tzatziki/>

Diabetes Friendly

Serves: Enough to top 4 gyros or 4 salads

Ingredients:

- 5.3 ounces plain, non-fat Greek yogurt
- 3 ½ tablespoons minced cucumber
- 1 ½ teaspoons lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon dried dill

Directions:

1. Stir together all ingredients! Serve on gyros, pitas, Greek salad, grilled meat, and more!

Tzatziki Sauce		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	34.8 kcal	2 %
Total Fat	1.3 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	1.9 mg	1 %
Sodium	161.9 mg	7 %
Total Carbohydrate	2 g	1 %
Dietary Fiber	0.1 g	0 %
Sugars	1.4 g	
Protein	4 g	8 %
Vitamin A	0 % • Vitamin C	1 %
Calcium	4 % • 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.		

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

