



825063 - Tzatziki Sauce

Source: K12 Culinary

Number of Portions: 48

Size of Portion: 2 TBSP

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Condiments

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011205 CUCUMBER,WITH PEEL,RAW.....	2 CUPS (grated)	CCP: No bare hand contact with ready to eat food. Rinse cucumber under running water and drain well in colander. Grate or shred the cucumbers and place in a colander or perforated pan. Using clean gloved hands, gently press the grated cucumber to remove excess liquid.
001256 YOGURT,GREEK,PLN,NONFAT... 002053 VINEGAR,DISTILLED..... 901078 PEPPER, BLACK COARSE..... 002017 DILL WEED,DRIED..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE.....	1 qt 1/4 cup 1 tsp 1 tsp 1 tsp 1 tsp	CCP: No bare hand contact with ready to eat food. Combine yogurt, white vinegar, black pepper, dried dill, garlic, and salt in a 2 qt. storage container. Whisk/stir until well combined. Stir in drained, grated cucumbers. For best results, prepare one day in advance of service. Tzatziki sauce may be kept in the refrigerator for 3 days after preparation. CCP: Hold and Serve at 41 degrees F. or lower.
		Serve 1 fluid ounce (2 TBSP) as dipping sauce for fresh veggies or pita sandwiches.

*Nutrients are based upon 1 Portion Size (2 TBSP)

Calories	13 kcal	Cholesterol	1 mg	Sugars	*0.7* g	Calcium	22.30 mg	5.87%	Calories from Total Fat
Total Fat	0.08 g	Sodium	55 mg	Protein	1.98 g	Iron	0.04 mg	1.76%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	0.96 g	Vitamin A	8.5 IU	Water ¹	*23.22* g	*0.08%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.04 g	Vitamin C	0.2 mg	Ash ¹	*0.29* g	30.63%	Calories from Carbohydrates
								63.07%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.