

Cucumber-Basil Dressing

Vivian Howard - Kinston, NC
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Yield: 8 cups

4 cups cucumbers, peeled, seeded and thinly sliced

2 teaspoons table salt

1 1/2 cups Greek yogurt

1 1/2 cups mayonnaise (such as Duke's)

2 tablespoons sweet onion, finely grated

1 tablespoon garlic, finely grated

1/2 cup fresh basil, chopped

1/2 cup whole buttermilk

1/4 cup fresh lemon juice

1 tablespoon sugar

1/2 teaspoon Kosher salt

1/2 teaspoon freshly ground pepper

In a bowl, toss together the cucumbers and table salt. Drain in a colander for 30 minutes.

In a bowl, whisk together the yogurt, mayonnaise, onion, garlic, basil, buttermilk, lemon juice, sugar, Kosher salt and pepper. Stir in the cucumbers. Let stand for 30 minutes.

Refrigerate up to two days.

Per Serving (excluding unknown items): 146 Calories; 1g Fat (4.1% calories from fat); 4g Protein; 35g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 5603mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	146	Vitamin B6 (mg):	.3mg
% Calories from Fat:	4.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	80mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Daily Value:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	35g
Dietary Fiber (g):	5g
Protein (g):	4g
Sodium (mg):	5603mg
Potassium (mg):	851mg
Calcium (mg):	122mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	58mg
Vitamin A (i.u.):	1726IU
Vitamin A (r.e.):	170 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1

Nutrition Facts

Amount Per Serving

Calories	146	Calories from Fat: 6
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	5603mg	233%
Total Carbohydrates	35g	12%
Dietary Fiber	5g	21%
Protein	4g	
Vitamin A		35%
Vitamin C		97%
Calcium		12%
Iron		13%

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