

# Tzatziki Sauce - NSLP

## General Information

Recipe #	Category	Source
1755844	Condiments 	Local

## Ingredients

Name	Quantity	+ Quantity 2
Yogurt, plain, skim milk	2 qt. (8 fl oz)	
Sour cream, reduced fat	1 pt., 1 c.	
Cucumber, peeled, raw	2 qt. pared, chopped	
Parsley, fresh	1 tbsp., 1 tsp.	
Dill weed, fresh	¼ c. sprigs	
Salt, table	1 tbsp., 1 tsp.	
Spices, pepper, black	½ tsp. ground	



## Preparation Instructions

HACCP Process: #1 - No Cook

1. Mix together yogurt and sour cream.
2. Peel and seed cucumbers, then small dice.
3. Finely chop parsley and dill.
4. Combine all ingredients and serve chilled.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

CCP: Ensure cold food is held at a temperature below 41° F.

**CORRECTIVE ACTION COLD FOOD:** Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

CCP: Record time and internal temperature of completed recipe on daily log.

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Serving Size	Yield
1 OZ	100.00

## Nutrition Facts

### Serving Size 1 OZ (37 gm)

Amount Per Serving	
Calories	24.586
% Daily Value*	
Total Fat 1.026 gm	1.579%
Saturated Fat 0.632 gm	3.158%
Trans Fat 0.000* gm	
Cholesterol 2.807 mg	0.936%
Sodium 113.198 mg	4.717%
Total Carbohydrate 2.230 gm	0.743%
Dietary Fiber 0.080 gm	0.318%
Total Sugars 1.673* gm	
Includes 0.000 gm of Added Sugars	
Protein 1.672 gm	3.345%
Vitamin A 9.331 mcg RAE	1.037%
Vitamin C 0.665 mg	1.109%
Vitamin D 0.021 mcg	0.104%
Calcium 50.447 mg	5.045%
Iron 0.052 mg	0.287%
Potassium 79.626 mg	1.694%
Saturated Fat % of Calories	23.120 %
Added Sugar % of Calories	0.000 %

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Added Sugar Limitations

✓ Meets Added Sugar Guidelines for Yogurt.

## Dates

Last Updated	Created
02-26-2025	02-26-2025

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