INDIAN · SIDE · SAUCE

Pudina Raita (Creamy Mint Yoghurt)

15 min · Makes 9 × ¼ cup (60 g) · 41 kcal a portion · Video 3:31 · Rajshri Food

Vegetarian · Gluten-free ingredients · No nuts listed

Plain yoghurt with fresh mint and roasted cumin: a ¼ cup portion has about 40 kcal and 2 g of protein, with under 1 g of added sugar. A cooling side for spicy biryani or curry.

Diet notes: Low carb (3.8 g net carbs) but not keto: 44% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

7 · MAKES 9 × ¼ CUP (60 G)

- [ ] 1 cup **washed mint leaves**
- [ ] 2 cups **thick curd** (plain yoghurt), chilled, plus 2 tbsp for grinding the mint
- [ ] 1 tbsp **powdered sugar**
- [ ] ½ tsp **salt**, to taste
- [ ] ½ tsp **black salt** (kala namak)
- [ ] 1 tsp **roasted cumin powder** (cumin seeds dry-roasted and ground)
- [ ] ½ tsp **red chilli powder**

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Grind the mint leaves with 2 tbsp of the curd to a smooth paste; skip water so the paste stays creamy. 0:15
2. For roasted cumin powder, dry-roast cumin seeds in a pan over low heat, stirring, until fragrant and a shade darker. Cool and grind fine (store the extra airtight). 0:48
3. Whisk the 2 cups of chilled thick curd with the powdered sugar until smooth. 1:58
4. Mix in the mint paste, then the salt, black salt, 1 tsp roasted cumin powder and the red chilli powder. Serve cool with biryani, pulao, curries or kebabs. 2:20

> **Tip** Use the thickest plain yoghurt you can; hung curd or Greek yoghurt makes it richer. The video says to serve it as a side; we count 9 portions of ¼ cup.

The method is a summary in our words — the video shows every step.

One portion, ¼ cup (60 g), gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
41 kcal	2.1 g	4 g	0.2 g	2 g	290 mg
170 kJ	4% of a day	3.8 g net · 3.6 g sugars	1% of a day	1.2 g saturated	12% of a day
		1% of a day		3% of a day	

Energy from net carbs 37% · protein 20% · fat 43%

Recipe and video: Rajshri Food (@rajshrifood) on YouTube — youtube.com/watch?v=A8wF79sMHY4, published 30 April 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pudina-raita-creamy-mint-yoghurt