



Ingredients

2.5 ounces kosher salt
1 tablespoon lemon zest packed finely grated (from 2 medium lemons)
1 tablespoon lime zest packed finely grated (from 2 medium limes)
1 tablespoon orange zest packed finely grated (from 2 medium oranges

Equipment

bowl

Directions

	Combine all of the ingredients in a medium bowl and rub the salt and zests between you
	fingers to distribute the citrus's oils.
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Spread the mixture in a thin, even layer on a plate and let it dry uncovered at room temperature overnight. Store in an airtight container at room temp for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.0169565089695%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 5.22kcal (0.26%), Fat: 0.02g (0.03%), Saturated Fat: Og (0.02%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.18g (0.2%), Cholesterol: Omg (0%), Sodium: 13734.96mg (597.17%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.11g (0.22%), Vitamin C: 8.82mg (10.69%), Fiber: 0.72g (2.88%), Calcium: 18.34mg (1.83%), Manganese: 0.04mg (1.78%), Iron: 0.18mg (1.02%)