

Citrus Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



490 min.

SERVINGS



2

CALORIES



5 kcal

SIDE DISH

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)

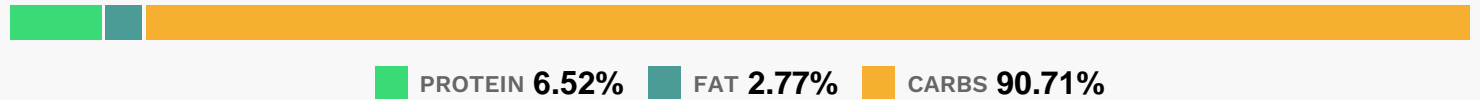
Equipment

- bowl

Directions

- Combine all of the ingredients in a medium bowl and rub the salt and zests between your fingers to distribute the citrus's oils.
- 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, 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: 0g (0.02%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 13734.96mg (597.17%), Alcohol: 0g (100%), Alcohol %: 0% (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%)