



Homemade Herb Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



125 min.

SERVINGS



6

CALORIES



3 kcal

SIDE DISH

Ingredients

- 0.5 cup sea salt
- 0.3 cup rosemary leaves fresh packed
- 0.3 cup lemon thyme leaves fresh packed
- 1 cup sea salt

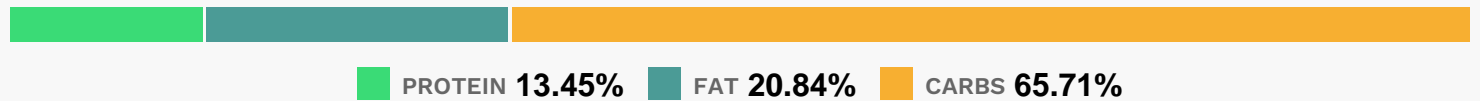
Equipment

- food processor
- bowl
- baking pan

Directions

- Place 1/2 cup coarse sea salt, rosemary, and lemon thyme in the bowl of a food processor. Pulse, grinding salt until rosemary and thyme have a fine consistency.
- Add 1 cup sea salt and pulse to combine.
- Pour salt mixture into a shallow baking dish and let air dry for 2 hours.
- Transfer salt to a glass jar and screw on lid.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.1856521753513%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg

Nutrients (% of daily need)

Calories: 3.37kcal (0.17%), Fat: 0.1g (0.15%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 28293.8mg (1230.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.12mg (5.8%), Vitamin C: 3.25mg (3.94%), Iron: 0.64mg (3.57%), Calcium: 28.68mg (2.87%), Vitamin A: 121.98IU (2.44%), Copper: 0.04mg (1.78%), Fiber: 0.42g (1.68%), Magnesium: 4.75mg (1.19%)