



## Lemon Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



24 kcal

SIDE DISH

## Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon celery seeds
- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 2 tablespoons kosher salt
- ☐ 3 tablespoons lemon rind grated

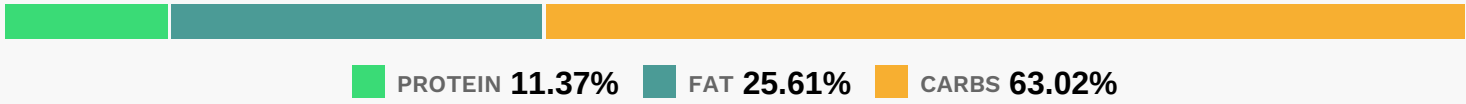
## Equipment

- ☐ food processor

# Directions

- ☐ Combine all ingredients in a small food processor or coffee grinder. Process until finely and evenly chopped. Store in an airtight container.
- ☐ \*If substituting regular salt, use half the amount (1 tablespoon).

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:4.3808695375919%

## Flavonoids

Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg

## Nutrients (% of daily need)

Calories: 23.83kcal (1.19%), Fat: 0.94g (1.45%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.77g (0.85%), Cholesterol: 0mg (0%), Sodium: 13957.98mg (606.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin C: 24.03mg (29.13%), Manganese: 0.3mg (14.86%), Fiber: 3.13g (12.54%), Iron: 1.58mg (8.77%), Calcium: 85.33mg (8.53%), Magnesium: 19.43mg (4.86%), Copper: 0.08mg (4.07%), Potassium: 92.19mg (2.63%), Vitamin B6: 0.05mg (2.6%), Phosphorus: 22.18mg (2.22%), Zinc: 0.32mg (2.15%), Vitamin B2: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.53%), Selenium: 0.96µg (1.36%)