

Lemon Salt with Fennel and Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



20

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup kosher salt
- ☐ 1 tablespoon fennel seeds with a knife crushed
- ☐ 0.3 cup lemon zest freshly grated (three large lemons)
- ☐ 2 teaspoons pepper red
- ☐ 0.3 cup fleur del sel such as fleur de sel

Equipment

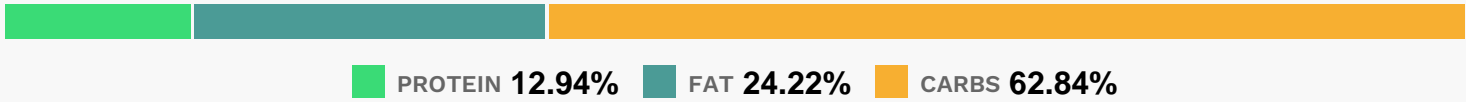
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 300°.
- ☐ Spread lemon zest on baking sheet.
- ☐ Bake 5 minutes. Stir zest and continue to bake until dry to the touch, about 5 minutes more.
- ☐ Remove baking sheet from oven and allow zest to cool completely, about 20 minutes.
- ☐ In a medium bowl, combine the kosher salt, flaky sea salt, fennel seeds, and red pepper flakes.
- ☐ Add lemon zest and stir until evenly distributed. Divide the salt mixture between 2 (4-ounce) jars with tight-fitting lids. Store in a cool, dry place for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.47391304503316%

Nutrients (% of daily need)

Calories: 2.16kcal (0.11%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 2832.95mg (123.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 1.61mg (1.95%), Manganese: 0.03mg (1.51%), Fiber: 0.32g (1.26%), Vitamin A: 60.31IU (1.21%)