



Rosemary Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



10 kcal

SIDE DISH

Ingredients



0.3 cup rosemary leaves fresh chopped



3 juniper berries crushed



3 tablespoons kosher salt

Equipment



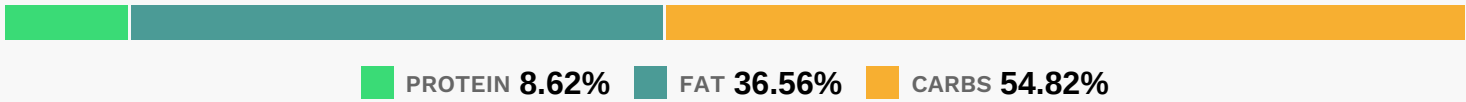
food processor

Directions

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Combine all ingredients in a mini food processor; process until finely chopped.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:1.4434782648864%

Flavonoids

Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Nutrients (% of daily need)

Calories: 9.72kcal (0.49%), Fat: 0.44g (0.68%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 20931.08mg (910.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Manganese: 0.12mg (5.94%), Vitamin A: 197.37IU (3.95%), Fiber: 0.95g (3.81%), Iron: 0.63mg (3.48%), Calcium: 34.36mg (3.44%), Folate: 7.36µg (1.84%), Copper: 0.04mg (1.83%), Vitamin C: 1.47mg (1.78%), Magnesium: 6.68mg (1.67%), Potassium: 49.41mg (1.41%), Vitamin B6: 0.02mg (1.13%)