



Salted Lassi (Lhassi) with Cumin and Mint

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

- 8 servings cumin seeds toasted
- 1 cup mint leaves fresh
- 8 servings ice cubes
- 1 teaspoon kosher salt
- 1 quart yogurt plain
- 3 cups seltzer water chilled
- 1.5 cups water cold

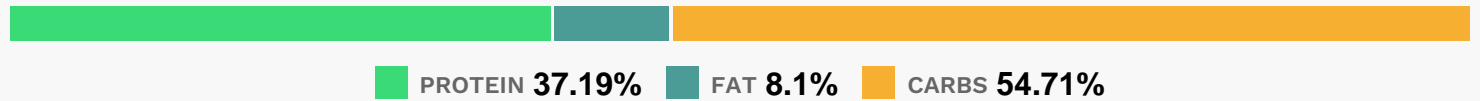
Equipment

blender

Directions

- Place all of the ingredients in a blender and blend until smooth. If not serving immediately, refrigerate in an airtight container for up to 4 days. For serving: Fill a glass with ice.
- Add 5 ounces of the lassi, top with 3 ounces of sparkling water, and stir gently to combine.
- Garnish with cumin seeds and black salt, if using.

Nutrition Facts



Properties

Glycemic Index: 0.63, Glycemic Load: 0.03, Inflammation Score: -4, Nutrition Score: 7.3373912378498%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg

Nutrients (% of daily need)

Calories: 77.68kcal (3.88%), Fat: 0.71g (1.09%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.15g (3.69%), Sugar: 9.13g (10.14%), Cholesterol: 2.37mg (0.79%), Sodium: 410.52mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Calcium: 275.32mg (27.53%), Phosphorus: 199.81mg (19.98%), Vitamin B2: 0.3mg (17.55%), Vitamin B12: 0.72µg (12.03%), Potassium: 371.25mg (10.61%), Iron: 1.73mg (9.62%), Zinc: 1.41mg (9.37%), Magnesium: 36.19mg (9.05%), Vitamin B5: 0.78mg (7.77%), Manganese: 0.14mg (7.02%), Selenium: 4.36µg (6.23%), Vitamin A: 272.63IU (5.45%), Folate: 20.81µg (5.2%), Vitamin B1: 0.07mg (4.93%), Vitamin B6: 0.08mg (3.93%), Copper: 0.08mg (3.76%), Vitamin C: 3.01mg (3.65%), Fiber: 0.66g (2.64%), Vitamin B3: 0.33mg (1.67%)