



Salted Lassi (Lhassi) with Cumin and Mint

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- 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
- 1 teaspoon cumin seeds whole toasted

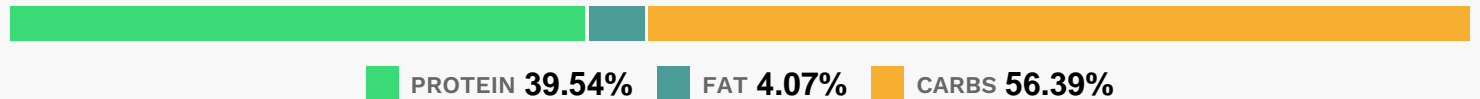
Equipment

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, Inflammation Score: -3, Nutrition Score: 6.487826043335%

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: 71.12kcal (3.56%), Fat: 0.32g (0.49%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.56g (3.48%), Sugar: 9.09g (10.1%), Cholesterol: 2.37mg (0.79%), Sodium: 407.58mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.07%), Calcium: 259.03mg (25.9%), Phosphorus: 191.08mg (19.11%), Vitamin B2: 0.29mg (17.21%), Vitamin B12: 0.72µg (12.03%), Potassium: 339.96mg (9.71%), Zinc: 1.32mg (8.81%), Vitamin B5: 0.78mg (7.77%), Magnesium: 29.79mg (7.45%), Selenium: 4.27µg (6.1%), Folate: 20.63µg (5.16%), Vitamin A: 250.41IU (5.01%), Vitamin B1: 0.06mg (4.2%), Manganese: 0.08mg (4.1%), Vitamin B6: 0.07mg (3.55%), Vitamin C: 2.87mg (3.48%), Iron: 0.57mg (3.16%), Copper: 0.06mg (3%), Fiber: 0.48g (1.9%), Vitamin B3: 0.25mg (1.27%)