

Salted Mint Lassi



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons cumin seeds
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup mint leaves
- ☐ 4 cups yogurt plain greek-style
- ☐ 0.5 cup water

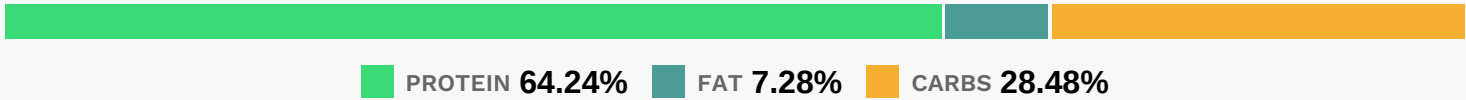
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Toast cumin in a dry small heavy skillet over medium heat, shaking skillet frequently, until fragrant, 1 to 2 minutes.
- ☐ Transfer 1 1/2 teaspoons to a blender with mint, yogurt, kosher salt, and water.
- ☐ Blend until pale green with flecks of mint and cumin.
- ☐ Serve lassi over ice and sprinkle with remaining 1/2 teaspoon cumin seeds.
- ☐ Cooks' note: .
- ☐ Lassi can be made 1 day ahead and chilled. Stir before serving if necessary.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:6.8708695852724%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg

Nutrients (% of daily need)

Calories: 89.08kcal (4.45%), Fat: 0.71g (1.1%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5.59g (2.03%), Sugar: 4.38g (4.86%), Cholesterol: 6.67mg (2.22%), Sodium: 633.8mg (27.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.27%), Vitamin B2: 0.4mg (23.34%), Phosphorus: 190.13mg (19.01%), Selenium: 13.24µg (18.91%), Calcium: 173.38mg (17.34%), Vitamin B12: 0.93µg (15.56%), Potassium: 242.71mg (6.93%), Vitamin A: 332.4IU (6.65%), Manganese: 0.12mg (6.2%), Magnesium: 23.32mg (5.83%), Zinc: 0.83mg (5.5%), Iron: 0.92mg (5.12%), Vitamin B6: 0.1mg (4.9%), Vitamin B5: 0.47mg (4.67%), Folate: 17.95µg (4.49%), Vitamin C: 2.44mg (2.95%), Copper: 0.06mg (2.84%), Fiber: 0.67g (2.68%), Vitamin B1: 0.04mg (2.64%), Vitamin B3: 0.44mg (2.2%)