



Salty Cumin Lassi

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



135 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons cumin seeds
- 2 cups ice cubes
- 1 cup nonfat milk
- 3 cups nonfat yogurt plain
- 0.5 teaspoon salt to taste

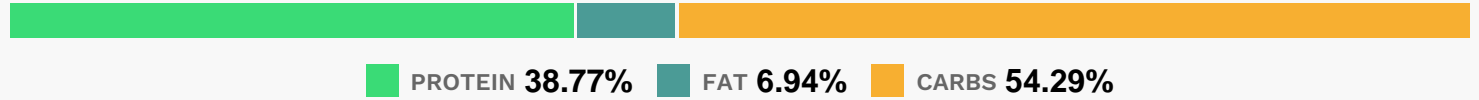
Equipment

- frying pan
- blender

Directions

- Toast the cumin seeds in a small skillet over medium heat until they appear to be black and charred, about 8 minutes. Allow to cool to room temp; grind into a fine powder.
- Blend the ice, milk, yogurt, salt, and ground cumin together in a blender on high speed until smooth.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:11.752173991307%

Nutrients (% of daily need)

Calories: 134.98kcal (6.75%), Fat: 1.05g (1.61%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 18.12g (6.59%), Sugar: 17.27g (19.19%), Cholesterol: 5.51mg (1.84%), Sodium: 468.24mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.33%), Calcium: 478.17mg (47.82%), Phosphorus: 368.99mg (36.9%), Vitamin B2: 0.52mg (30.59%), Vitamin B12: 1.48µg (24.6%), Potassium: 624.55mg (17.84%), Zinc: 2.21mg (14.76%), Vitamin B5: 1.4mg (13.96%), Magnesium: 54.43mg (13.61%), Iron: 2.16mg (11.99%), Selenium: 8µg (11.42%), Vitamin B1: 0.14mg (9.42%), Vitamin B6: 0.15mg (7.3%), Folate: 23.58µg (5.89%), Manganese: 0.11mg (5.59%), Vitamin D: 0.67µg (4.49%), Copper: 0.07mg (3.7%), Vitamin A: 175.91IU (3.52%), Vitamin C: 1.88mg (2.28%), Vitamin B3: 0.44mg (2.19%), Fiber: 0.31g (1.26%)