



Savory Lassi

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

- 1 pinch pepper black
- 1 teaspoon cilantro leaves chopped
- 1 teaspoon ground cumin
- 0.5 cup milk
- 1 cup yogurt plain
- 0.7 teaspoon salt
- 0.5 cup water

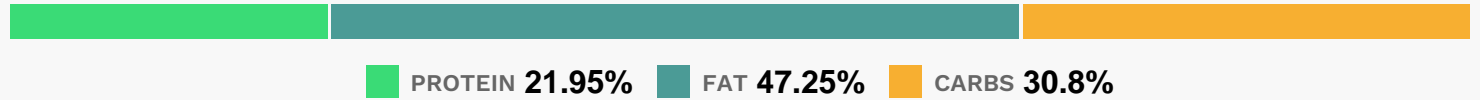
Equipment

blender

Directions

- Combine the yogurt, water, milk, cumin, cilantro, salt, and pepper in a blender, and blend until smooth.
- Serve plain or over ice.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:6.0139130703781%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 115.21kcal (5.76%), Fat: 6.16g (9.47%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.91g (3.24%), Sugar: 8.67g (9.63%), Cholesterol: 23.25mg (7.75%), Sodium: 859.36mg (37.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Calcium: 235.07mg (23.51%), Phosphorus: 183.08mg (18.31%), Vitamin B2: 0.26mg (15.39%), Vitamin B12: 0.78µg (13.04%), Potassium: 300.34mg (8.58%), Vitamin B5: 0.7mg (7.05%), Zinc: 1.03mg (6.86%), Magnesium: 26.39mg (6.6%), Selenium: 3.91µg (5.59%), Vitamin D: 0.79µg (5.29%), Vitamin B1: 0.08mg (5.07%), Vitamin A: 236.44IU (4.73%), Iron: 0.74mg (4.1%), Vitamin B6: 0.08mg (4.05%), Manganese: 0.05mg (2.46%), Folate: 8.71µg (2.18%), Copper: 0.03mg (1.56%), Vitamin B3: 0.2mg (1.01%)