



Spiced & sweet lassis



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings yogurt low fat
- ☐ 6 servings water
- ☐ 3 cumin seeds toasted
- ☐ 6 servings little coriander fresh chopped
- ☐ 6 servings sugar to taste
- ☐ 3 drops rosewater to taste

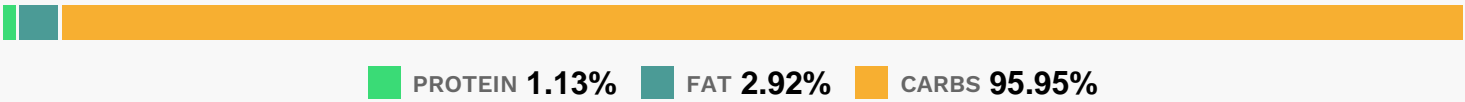
Equipment

- ☐ whisk

Directions

☐ For spiced lassi, whisk equal amounts of low-fat yogurt with water using a balloon whisk to create a frothy foam, then serve sprinkled with a few toasted cumin seeds and a little chopped fresh coriander. For a sweet version, whisk the yogurt and water with a little sugar to taste and a few drops of rose water.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:8.39, Inflammation Score:-1, Nutrition Score:0.47217391593301%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 48.73kcal (2.44%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 12.19g (4.43%), Sugar: 12.06g (13.4%), Cholesterol: 0.06mg (0.02%), Sodium: 13.54mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Copper: 0.04mg (2.17%), Iron: 0.34mg (1.89%), Calcium: 13.77mg (1.38%), Magnesium: 4.39mg (1.1%)