

Lemon-Ginger Salt

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Yield: 1 cup

3/4 cup Kosher salt

*1/2 cup (6-8 large lemons) lemon
zest, grated*

*1 teaspoon ground ginger
juice of one lemon*

Preheat the oven to 200 degrees.

In a food processor, combine the Kosher salt, lemon zest and ginger. Pulse until blended.

Transfer to an eight-inch-square baking dish.

Mix in the lemon juice.

Put in the oven to dry, about 20 to 25 minutes.

Remove from the oven. Cool. Stir with a fork to break up.

Store in an airtight container for up to three months.

Per Serving (excluding unknown items): 8 Calories; trace Fat (11.4% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 67681mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	8	Vitamin B6 (mg):	trace
% Calories from Fat:	11.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	79.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	67681mg
Potassium (mg):	29mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	4mg
Vitamin A (i.u.):	4IU
Vitamin A (r.e.):	1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	8	Calories from Fat: 1
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	67681mg	2820%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	2%
Protein	trace	
Vitamin A		0%
Vitamin C		7%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.