

Types of salt

Salt Type	Typical Sodium per ¼ tsp*	Flavor Profile	Texture	Common Uses	Notes
Table Salt	~590 mg	Clean, straightforward salty taste	Fine crystals	Everyday cooking, baking	Usually iodized
Sea Salt (fine)	~530-590 mg	Mild mineral notes	Fine to coarse	General cooking, finishing	Similar sodium to table salt by weight
Kosher Salt (Diamond Crystal)	~280 mg	Clean salty flavor	Large flaky crystals	Seasoning meats, cooking	Lower sodium per volume due to larger flakes
Kosher Salt (Morton)	~480 mg	Clean salty flavor	Dense coarse crystals	General cooking	More sodium per volume than Diamond Crystal
Flake Salt (Maldon)	~280 mg	Delicate saltiness	Light flakes	Finishing dishes	Crunchy texture, lower sodium per volume
Himalayan Pink Salt	~590 mg	Mild mineral flavor	Fine to coarse crystals	Cooking, grinders	Similar sodium to table salt
Black Salt (Kala Namak)	~500-600 mg	Sulfurous, egg-like flavor	Fine powder	Indian cuisine, vegan dishes	Distinctive sulfur aroma
Rock Salt	~500-600 mg	Pure salty flavor	Very coarse crystals	Grinders, preservation	Sodium varies with crystal size
Celtic Sea Salt	~450-460 mg	Briny, mineral-rich	Moist crystals	Cooking, finishing	Contains more moisture, lowering sodium per volume
Fleur de Sel	~280-400 mg	Delicate, complex flavor	Light crystals	Gourmet finishing	Valued more for flavor and texture than sodium content
Pickling Salt	~590 mg	Clean salty flavor	Fine crystals	Pickling, canning	No iodine or anti-caking agents
Smoked Salt	~500-600 mg	Smoky and savory	Fine to coarse	Grilled foods	Sodium depends on base salt
Hawaiian Black Salt	~500-600 mg	Mild, earthy	Medium crystals	Finishing dishes	Contains activated charcoal
Hawaiian Red Salt	~500-600 mg	Slightly earthy	Coarse crystals	Traditional Hawaiian dishes	Contains volcanic clay
Vegetable Salt	~250-450 mg	Vegetable and herb flavor	Fine blend	Soups, eggs, vegetables	Often reduced sodium due to vegetable content
Seasoned Salt	~300-500 mg	Salty with spices	Fine blend	Meat, fries, vegetables	Varies widely by brand
Low-Sodium Salt	~250-350 mg	Slightly less salty	Fine crystals	Sodium-restricted diets	Often contains potassium chloride

*Approximate values per ¼ teaspoon. Actual sodium content varies by brand, crystal size, moisture content, and formulation. For reference, **1 teaspoon of standard table salt contains about 2,300 mg of sodium.**

“Chicken” Seasoning

1/3 cup salt
1/2 cup nutritional yeast flakes
1/2 teaspoon turmeric
1 teaspoon garlic powder
1 Tablespoon onion powder
1/2 teaspoon marjoram
1 /2 teaspoon sage
1 Tablespoon parsley

Blend thoroughly to a powder-like consistency. Store in a sealed container in a cool, dry place.

Vegetable Salt

1/4 cup salt
1/3 cup nutritional yeast flakes
1/4 teaspoon oregano
1/4 teaspoon garlic powder
1/2 teaspoon onion powder
2 Tablespoons parsley
1/4 teaspoon basil
1/8 teaspoon dill
1/4 teaspoon sage

Blend thoroughly to a powder-like consistency. Store in a sealed container in a cool, dry place.

Recipes from *Guilt-free Gourmet*