



Berbere



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



12 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons ground pepper red

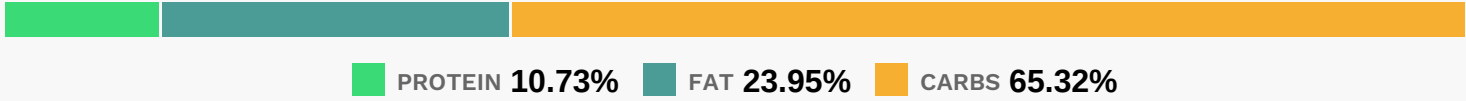
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:3.087826024579%

Nutrients (% of daily need)

Calories: 11.97kcal (0.6%), Fat: 0.42g (0.65%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 1.26mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Manganese: 0.46mg (22.81%), Vitamin A: 840.22IU (16.8%), Fiber: 1.15g (4.6%), Vitamin E: 0.63mg (4.18%), Vitamin K: 3.84µg (3.66%), Vitamin B6: 0.06mg (2.8%), Iron: 0.4mg (2.2%), Vitamin C: 1.55mg (1.87%), Potassium: 64.25mg (1.84%), Magnesium: 6.45mg (1.61%), Copper: 0.03mg (1.35%), Calcium: 13.37mg (1.34%), Vitamin B2: 0.02mg (1.27%), Vitamin B3: 0.23mg (1.17%)