



Berberere Spice Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



80 kcal

SEASONING

MARINADE

Ingredients

- 0.5 teaspoon peppercorns black
- 1 teaspoon coriander seeds
- 1 tablespoon pepper red crushed
- 2 teaspoons cumin seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon ground cardamon
- 0.5 teaspoon ground cinnamon
- 1 tablespoon ground ginger

- 1 teaspoon ground turmeric
- 1 teaspoon kosher salt
- 3 tablespoons paprika
- 0.5 teaspoon allspice whole

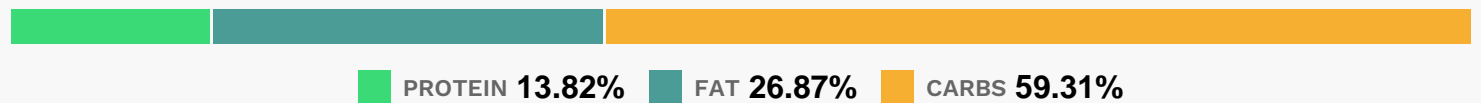
Equipment

- frying pan
- blender

Directions

- Combine all ingredients in a small skillet. Cook over medium-high heat, stirring constantly, until toasted. Cool completely.
- Process spice mixture in a blender until finely ground. Store at room temperature in an airtight container up to 3 months.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:18.3195651355%

Nutrients (% of daily need)

Calories: 80.09kcal (4%), Fat: 3.1g (4.76%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 7.55g (2.74%), Sugar: 1.55g (1.73%), Cholesterol: 0mg (0%), Sodium: 1242.98mg (54.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin A: 6399.17IU (127.98%), Manganese: 1.8mg (90.14%), Iron: 6.37mg (35.37%), Vitamin E: 4.7mg (31.34%), Fiber: 7.83g (31.32%), Vitamin B6: 0.37mg (18.59%), Vitamin K: 14.88µg (14.17%), Potassium: 480.55mg (13.73%), Magnesium: 52.53mg (13.13%), Vitamin B2: 0.19mg (11.46%), Copper: 0.21mg (10.5%), Vitamin B3: 2.02mg (10.12%), Calcium: 93.73mg (9.37%), Phosphorus: 77.07mg (7.71%), Zinc: 1.07mg (7.11%), Selenium: 3.52µg (5.02%), Vitamin B1: 0.07mg (4.88%), Vitamin B5: 0.33mg (3.28%), Folate: 8.98µg (2.25%), Vitamin C: 1.53mg (1.86%)