



## Curry Powder

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 tablespoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon ground pepper red
- 1 tablespoon ground turmeric
- 1 teaspoon peppercorns white
- 1 teaspoon mustard seeds yellow

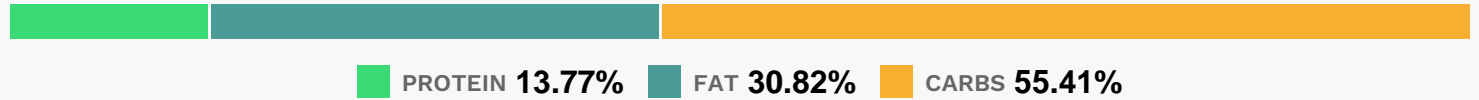
## Equipment

bowl

## Directions

- Combine the first 6 ingredients in a spice or coffee grinder, and process until finely ground.
- Place the spice mixture in a small bowl; stir in the turmeric and red pepper. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:12.320434735521%

## Nutrients (% of daily need)

Calories: 103.74kcal (5.19%), Fat: 4.26g (6.56%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 9.23g (3.36%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 12.56mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.57%), Manganese: 1.13mg (56.6%), Iron: 7.93mg (44.05%), Fiber: 8.01g (32.06%), Magnesium: 71.8mg (17.95%), Vitamin A: 860.93IU (17.22%), Selenium: 9.21µg (13.15%), Copper: 0.25mg (12.44%), Calcium: 115.65mg (11.56%), Potassium: 404.35mg (11.55%), Vitamin B6: 0.22mg (11.23%), Phosphorus: 110.63mg (11.06%), Vitamin C: 6.44mg (7.8%), Zinc: 1.14mg (7.6%), Vitamin E: 1.03mg (6.88%), Vitamin B1: 0.09mg (5.72%), Vitamin B2: 0.09mg (5.39%), Vitamin B3: 1mg (5.02%), Folate: 12.68µg (3.17%), Vitamin K: 2.81µg (2.68%)