



## Curry Seasoning Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



62 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 1 teaspoon ground cardamom
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground fenugreek
- ☐ 2 tablespoons ground ginger
- ☐ 1 tablespoon ground turmeric
- ☐ 2 teaspoons pepper

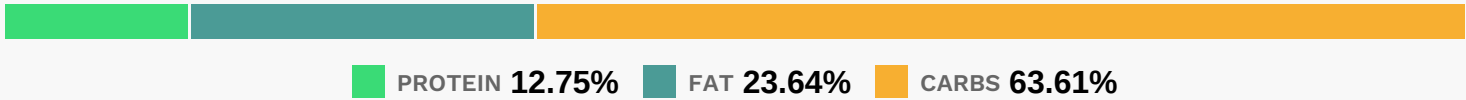
## Equipment

☐ bowl

## Directions

☐ Combine all ingredients in a small bowl; stir well. Store mixture in an airtight container; shake well before each use. Use to season chicken, beef, pork, lamb, fish, or shrimp, or stir into lentils or rice.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:9.8386956271918%

## Nutrients (% of daily need)

Calories: 62.43kcal (3.12%), Fat: 1.93g (2.97%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 7.6g (2.76%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 10.52mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Manganese: 2.65mg (132.31%), Iron: 5.84mg (32.46%), Fiber: 4.08g (16.34%), Magnesium: 46.22mg (11.55%), Potassium: 292.86mg (8.37%), Copper: 0.15mg (7.41%), Calcium: 73.97mg (7.4%), Vitamin B6: 0.13mg (6.37%), Selenium: 3.98µg (5.69%), Phosphorus: 53.83mg (5.38%), Zinc: 0.74mg (4.96%), Vitamin B3: 0.92mg (4.59%), Vitamin K: 3.94µg (3.76%), Vitamin B1: 0.04mg (2.87%), Vitamin B2: 0.05mg (2.73%), Vitamin C: 1.97mg (2.38%), Vitamin E: 0.23mg (1.53%), Vitamin A: 51.74IU (1.03%)