



Dukkah



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 2 tablespoons coriander seeds
- ☐ 1 tablespoon cumin seeds
- ☐ 0.5 teaspoon thyme dried
- ☐ 2 tablespoons hazelnuts (without skins)
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup sesame seed

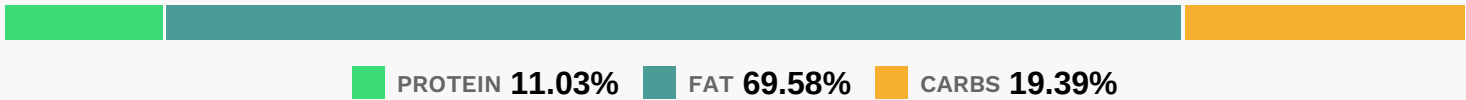
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Place first 5 ingredients in a large skillet over medium heat; cook 4 minutes or until fragrant and toasted, shaking pan frequently.
- ☐ Pour spice mixture onto a plate; cool 5 minutes.
- ☐ Place mixture in a spice or coffee grinder (or in a mortar and pestle); add remaining ingredients. Process or grind until coarsely ground.
- ☐ Spread in a shallow bowl.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.8382608812788%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 49.61kcal (2.48%), Fat: 4.25g (6.53%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 147.62mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Manganese: 0.34mg (17.06%), Copper: 0.26mg (12.78%), Iron: 1.59mg (8.85%), Magnesium: 27.77mg (6.94%), Calcium: 66.28mg (6.63%), Fiber: 1.46g (5.82%), Phosphorus: 45.93mg (4.59%), Vitamin B1: 0.06mg (4.09%), Zinc: 0.53mg (3.5%), Selenium: 2.05µg (2.93%), Vitamin E: 0.42mg (2.79%), Vitamin B6: 0.06mg (2.76%), Potassium: 70.55mg (2.02%), Folate: 7.64µg (1.91%), Vitamin B3: 0.32mg (1.61%), Vitamin K: 1.69µg (1.61%), Vitamin B2: 0.02mg (1.23%)