



Dukkah



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup coriander seeds
- ☐ 1 tablespoon cumin seeds
- ☐ 2 tablespoons roasted hazelnuts
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.1 teaspoon peppercorns
- ☐ 0.3 cup roasted salted
- ☐ 6 tablespoons sesame seed

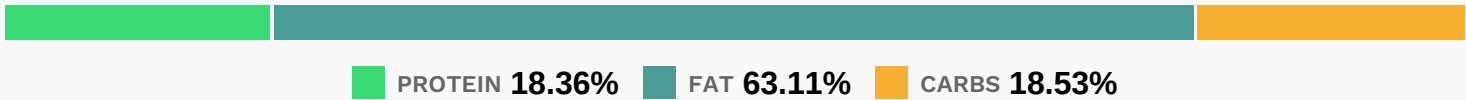
Equipment

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

Directions

- ☐ Toast sesame seeds in a small frying pan over medium-low heat until golden, 5 minutes.
- ☐ Pour into a bowl. Toast coriander and cumin seeds in pan until cumin is a shade darker, 2 to 3 minutes; pour into bowl.
- ☐ Let cool.
- ☐ Grind seeds coarsely part at a time in a spice grinder or mortar with pistachios, hazelnuts, salt, and peppercorns.

Nutrition Facts



Properties

Glycemic Index:3.48, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.7282608807411%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 22.49kcal (1.12%), Fat: 1.73g (2.67%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.05g (0.05%), Cholesterol: 1.49mg (0.5%), Sodium: 48.57mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Manganese: 0.12mg (6.15%), Copper: 0.1mg (5.19%), Iron: 0.62mg (3.46%), Magnesium: 12.22mg (3.05%), Calcium: 27.78mg (2.78%), Fiber: 0.67g (2.68%), Phosphorus: 24.22mg (2.42%), Vitamin B1: 0.03mg (2.28%), Selenium: 1.56µg (2.23%), Vitamin B6: 0.04mg (1.93%), Zinc: 0.26mg (1.74%), Vitamin B3: 0.27mg (1.33%), Potassium: 38mg (1.09%)