



Dukkah (Egyptian Nut-and-Spice Blend)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons coriander seeds
- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.3 cup roasted hazelnuts
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup sesame seed toasted
- ☐ 0.3 teaspoon thyme leaves dried

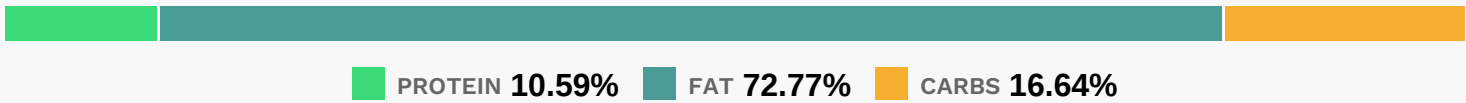
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Toast coriander seeds and cumin seeds in a small frying pan over medium-low heat until a shade darker, 5 to 7 minutes; let cool.
- ☐ Whirl spices, salt, pepper, and thyme in a food processor until fairly finely ground.
- ☐ Add hazelnuts and sesame seeds and pulse until coarsely ground.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.0878261039438%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 29.33kcal (1.47%), Fat: 2.59g (3.99%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 0.59g (0.22%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 78.32mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Manganese: 0.21mg (10.52%), Copper: 0.14mg (7.21%), Iron: 0.69mg (3.81%), Magnesium: 14.59mg (3.65%), Calcium: 32.54mg (3.25%), Fiber: 0.74g (2.96%), Phosphorus: 24.71mg (2.47%), Vitamin B1: 0.04mg (2.34%), Vitamin E: 0.31mg (2.09%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.61%), Selenium: 1.05µg (1.5%), Folate: 4.73µg (1.18%), Potassium: 36.32mg (1.04%)