

Easy Garam Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



15 kcal

SEASONING

MARINADE

Ingredients

- 1.5 teaspoons ground cardamom
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1.5 teaspoons ground coriander
- 1 tablespoon ground cumin
- 0.5 teaspoon nutmeg
- 1.5 teaspoons pepper black

Equipment

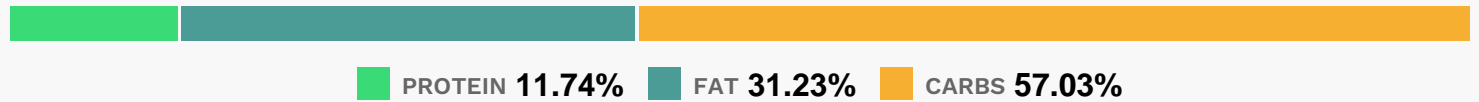
bowl

Directions

Mix cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg in a bowl.

Place mix in an airtight container, and store in a cool, dry place.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.7456521689892%

Nutrients (% of daily need)

Calories: 15.31kcal (0.77%), Fat: 0.67g (1.03%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 3.85mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Manganese: 0.61mg (30.74%), Iron: 1.37mg (7.63%), Fiber: 1.27g (5.09%), Calcium: 32.53mg (3.25%), Magnesium: 12.37mg (3.09%), Copper: 0.04mg (1.92%), Vitamin K: 1.82µg (1.73%), Potassium: 60.26mg (1.72%), Phosphorus: 14.19mg (1.42%), Zinc: 0.19mg (1.28%)