



## Ethiopian Spice Mix (Berbere)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



33 kcal

SEASONING

MARINADE

### Ingredients

- 0.1 teaspoon ground cinnamon
- 0.3 cup paprika
- 0.5 teaspoon fenugreek leaves
- 0.5 cup pepper flakes dried
- 0.5 teaspoon ground cardamom
- 1 teaspoon onion powder
- 0.5 teaspoon ground coriander
- 0.1 teaspoon ground allspice

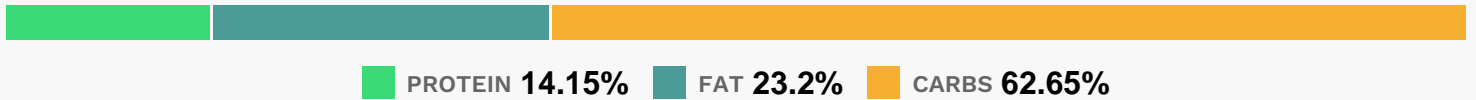
- 0.3 teaspoon nutmeg
- 0.1 teaspoon ground cloves
- 1 tablespoon salt
- 0.3 teaspoon garlic powder
- 1 teaspoon ground ginger

## Equipment

## Directions

- Finely grind fenugreek seeds in an electric coffee/spice grinder. Stir together with remaining ingredients until combined well.
- Berbere keeps in an airtight container, chilled, 3 months.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:9.8608696823535%

## Nutrients (% of daily need)

Calories: 33.27kcal (1.66%), Fat: 1.1g (1.7%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 3.63g (1.32%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 1751.38mg (76.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin A: 3504.04IU (70.08%), Vitamin C: 27.26mg (33.05%), Manganese: 0.45mg (22.52%), Vitamin E: 2.1mg (14.02%), Vitamin B6: 0.25mg (12.52%), Fiber: 3.07g (12.28%), Iron: 1.86mg (10.35%), Vitamin K: 8.18µg (7.79%), Potassium: 236.36mg (6.75%), Vitamin B2: 0.1mg (6.01%), Magnesium: 20.06mg (5.02%), Vitamin B3: 0.98mg (4.88%), Copper: 0.09mg (4.27%), Phosphorus: 34.46mg (3.45%), Zinc: 0.43mg (2.84%), Vitamin B1: 0.04mg (2.72%), Calcium: 26.19mg (2.62%), Vitamin B5: 0.22mg (2.15%), Folate: 8.23µg (2.06%), Selenium: 0.99µg (1.42%)