



Five-spice mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



10 kcal

SIDE DISH

Ingredients



2 tbsp cinnamon sticks



1 tbsp fennel seeds



6 star anise



2 tsp peppercorns

Equipment



frying pan

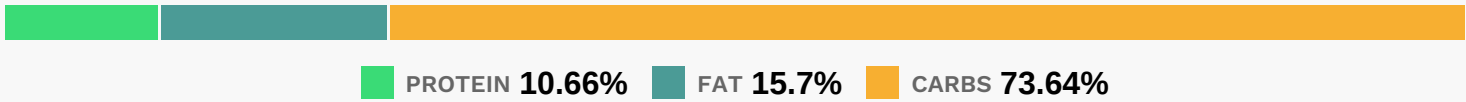


mortar and pestle

Directions

- ☐ Toast the whole spices in a small pan until they are aromatic and have turned a shade or two darker. Dont be tempted to skip this stage, as it really enhances the flavours.
- ☐ Tip into a spice grinder (or use a pestle and mortar), then add the ready-ground spices and dried herbs if required, and crush to a fine powder. Store in a sealed jar for up to six months.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.8969565020955%

Nutrients (% of daily need)

Calories: 10.09kcal (0.5%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 0.94mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Manganese: 0.44mg (21.82%), Fiber: 1.37g (5.48%), Iron: 0.54mg (3.03%), Calcium: 30.34mg (3.03%), Vitamin K: 1.93µg (1.84%), Copper: 0.03mg (1.43%), Magnesium: 5.69mg (1.42%), Potassium: 36.89mg (1.05%)