



## French Four Spice Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



19 kcal

SEASONING

MARINADE

### Ingredients

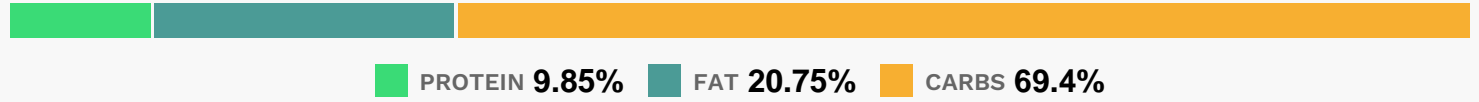
- 1 teaspoon nutmeg grated
- 1 teaspoon ground ginger
- 1 tablespoon pepper white
- 1 cloves frangelico
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### Equipment

## Directions

- Stir together all spices.
- Spice blend keeps in an airtight container 6 months.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.0204347461138%

## Nutrients (% of daily need)

Calories: 18.96kcal (0.95%), Fat: 0.48g (0.74%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.32g (0.35%), Cholesterol: 0mg (0%), Sodium: 0.61mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Manganese: 0.51mg (25.63%), Fiber: 1.27g (5.06%), Iron: 0.73mg (4.05%), Copper: 0.05mg (2.35%), Magnesium: 7.12mg (1.78%), Calcium: 12.26mg (1.23%)