



## Garam Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



78 kcal

SEASONING

MARINADE

## Ingredients

- 5 bay leaves
- 1 teaspoon peppercorns whole black
- 3 pieces cinnamon sticks (4 inch)
- 3 tablespoons coriander seeds
- 0.3 cup cumin seeds
- 14 cardamom pods green
- 1 teaspoon mace
- 1 teaspoon nutmeg

5 star anise pods whole

## Equipment

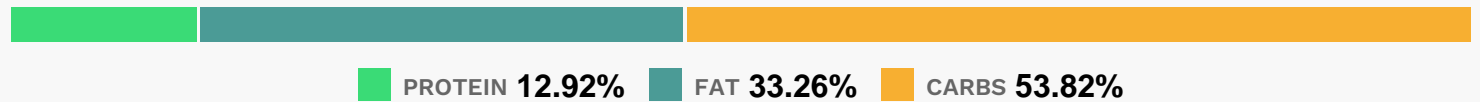
frying pan

## Directions

Toast the cumin seeds, coriander seeds, cinnamon sticks, bay leaves, nutmeg, anise pods, cardamom pods, cloves, peppercorns, and mace together in a skillet over medium heat until very fragrant and you can literally see the scent rising into the air, 8 to 12 minutes; remove from heat and allow the mixture to cool slightly, about 10 minutes.

Pour the spice mixture into a grinder; grind into a fine powder. Store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:11.372173966273%

## Nutrients (% of daily need)

Calories: 78.41kcal (3.92%), Fat: 3.59g (5.52%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 7.56g (2.75%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 17.58mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Manganese: 2.64mg (132.06%), Iron: 7.89mg (43.83%), Fiber: 5.5g (22.01%), Magnesium: 65.24mg (16.31%), Calcium: 154.67mg (15.47%), Copper: 0.18mg (9.11%), Potassium: 315.43mg (9.01%), Zinc: 1.22mg (8.13%), Phosphorus: 78.86mg (7.89%), Vitamin B1: 0.08mg (5.6%), Vitamin C: 3.37mg (4.08%), Vitamin B2: 0.06mg (3.52%), Vitamin B6: 0.07mg (3.43%), Vitamin B3: 0.62mg (3.08%), Vitamin A: 130.19IU (2.6%), Vitamin K: 2.48µg (2.37%), Selenium: 1.58µg (2.26%), Vitamin E: 0.31mg (2.04%)