

Garam Masala



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



35 kcal

SIDE DISH

Ingredients



2 bay leaves



1 tablespoon peppercorns black



1 inch cinnamon sticks



0.3 cup coriander seeds



0.3 cup cumin seeds



1 tablespoon cardamom pods green



0.1 teaspoon mace



0.3 teaspoon nutmeg whole grated

☐ 1 pepper flakes dried red

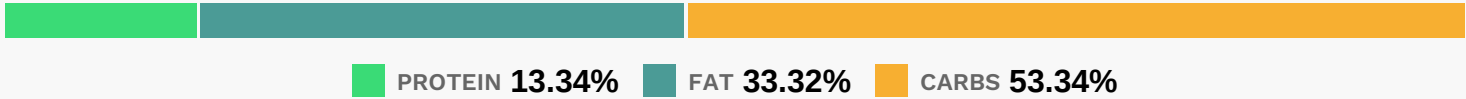
Equipment

☐ frying pan

Directions

- ☐ Combine the first 8 ingredients in a medium skillet over medium-high heat; cook 2 1/2 minutes or until cumin seeds begin to brown, stirring constantly.
- ☐ Combine cumin seed mixture, nutmeg, and mace in a spice or coffee grinder; process until finely ground.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:0.48, Inflammation Score:0, Nutrition Score:5.4747826081255%

Nutrients (% of daily need)

Calories: 34.56kcal (1.73%), Fat: 1.65g (2.53%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 8.41mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Manganese: 0.66mg (32.78%), Iron: 3.35mg (18.6%), Vitamin C: 10.52mg (12.75%), Fiber: 2.77g (11.1%), Magnesium: 31.84mg (7.96%), Calcium: 72.66mg (7.27%), Copper: 0.1mg (5.05%), Potassium: 162.58mg (4.65%), Phosphorus: 40.26mg (4.03%), Vitamin K: 3.48µg (3.31%), Zinc: 0.45mg (3.03%), Vitamin B6: 0.06mg (2.75%), Vitamin B1: 0.04mg (2.65%), Vitamin A: 116.92IU (2.34%), Vitamin B2: 0.03mg (1.93%), Selenium: 1.29µg (1.85%), Vitamin B3: 0.35mg (1.77%), Vitamin E: 0.18mg (1.21%)