



Garam Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



32 kcal

SEASONING

MARINADE

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 grating nutmeg whole grated

1 pepper dried red

Equipment

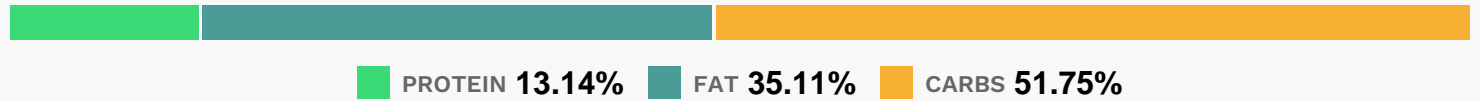
frying pan

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:16.71, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:4.616086854235%

Nutrients (% of daily need)

Calories: 32.02kcal (1.6%), Fat: 1.62g (2.49%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 8.07mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Manganese: 0.64mg (32.19%), Iron: 3.28mg (18.24%), Fiber: 2.68g (10.73%), Magnesium: 30.38mg (7.59%), Calcium: 71.81mg (7.18%), Copper: 0.09mg (4.64%), Potassium: 142.16mg (4.06%), Phosphorus: 37.54mg (3.75%), Zinc: 0.44mg (2.92%), Vitamin K: 2.59µg (2.47%), Vitamin B1: 0.04mg (2.35%), Selenium: 1.26µg (1.81%), Vitamin B2: 0.03mg (1.61%), Vitamin C: 1.28mg (1.56%), Vitamin B3: 0.28mg (1.38%), Vitamin A: 59.95IU (1.2%), Vitamin B6: 0.02mg (1.14%)