



HEALTH SCORE

93%

Garam Masala Spice Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**17 min.**

SERVINGS

**1**

CALORIES

**212 kcal**

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 2 tablespoons coriander seeds
- ☐ 1 tablespoon cumin seeds
- ☐ 1 teaspoon fennel seed
- ☐ 2 tablespoons ground turmeric
- ☐ 1 teaspoon mustard seed
- ☐ 2 chile peppers dried red
- ☐ 1 tablespoon cardamom seeds

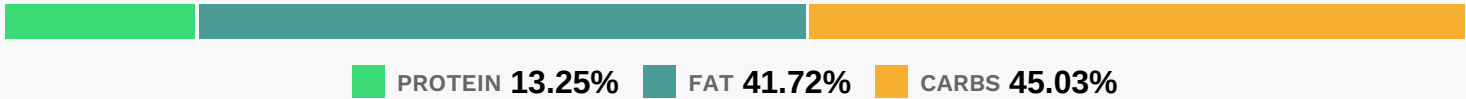
Equipment

☐ frying pan

Directions

- ☐ Combine the coriander seeds, cumin seeds, cardamom seeds, peppercorns, fennel seeds, mustard seeds, cloves, and red chile peppers in a small skillet over medium-low heat. Toast until fragrant, about 2 minutes.
- ☐ Grind the toasted spices in a clean coffee grinder or spice mill to a fine powder. Spoon in the turmeric, and process to combine. Use immediately, or store in a sealed jar for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:19.54739139391%

Nutrients (% of daily need)

Calories: 212.34kcal (10.62%), Fat: 11.15g (17.15%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 14.47g (5.26%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 23.96mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Manganese: 2.97mg (148.71%), Iron: 13.09mg (72.73%), Fiber: 12.71g (50.85%), Magnesium: 118.76mg (29.69%), Calcium: 229.03mg (22.9%), Potassium: 795.1mg (22.72%), Copper: 0.41mg (20.5%), Vitamin K: 19.81µg (18.87%), Vitamin B6: 0.34mg (16.83%), Phosphorus: 160.33mg (16.03%), Selenium: 10.33µg (14.76%), Zinc: 1.75mg (11.68%), Vitamin C: 7.14mg (8.65%), Vitamin B1: 0.13mg (8.45%), Vitamin B3: 1.67mg (8.36%), Vitamin A: 399.41IU (7.99%), Vitamin B2: 0.13mg (7.42%), Vitamin E: 0.92mg (6.14%), Folate: 13.13µg (3.28%), Vitamin B5: 0.17mg (1.74%)