



Homemade Curry Powder



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons brown mustard seeds yellow
- ☐ 2 teaspoons fennel powder
- ☐ 1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 tablespoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons ground pepper red

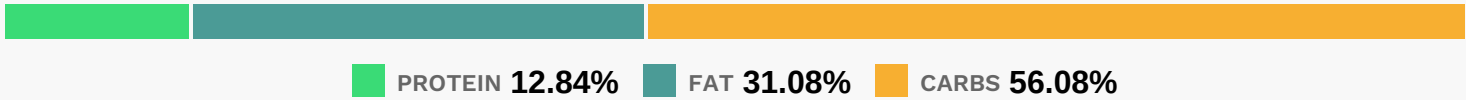
- ☐ 1 tablespoon turmeric
- ☐ 3 tablespoons paprika

Equipment

Directions

- ☐ Combine all of the ingredients.
- ☐ Note: Store in a cool, dark place for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:9.253913042338%

Nutrients (% of daily need)

Calories: 25.48kcal (1.27%), Fat: 1.13g (1.75%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 2.03g (0.74%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 5.56mg (0.24%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Manganese: 2.99mg (149.43%), Vitamin A: 2011.43IU (40.23%), Iron: 2.06mg (11.45%), Fiber: 2.58g (10.3%), Vitamin E: 1.3mg (8.64%), Vitamin B6: 0.12mg (5.85%), Magnesium: 18.67mg (4.67%), Potassium: 162.85mg (4.65%), Vitamin K: 3.83µg (3.65%), Calcium: 35.31mg (3.53%), Vitamin B2: 0.06mg (3.39%), Copper: 0.06mg (2.89%), Vitamin B3: 0.57mg (2.84%), Phosphorus: 27.2mg (2.72%), Zinc: 0.35mg (2.32%), Vitamin C: 1.29mg (1.56%), Vitamin B1: 0.02mg (1.53%)