



Homemade Harissa Paste



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



10

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon caraway seeds
- ☐ 3 to 5 chile peppers dried red
- ☐ 1 teaspoon coriander seeds
- ☐ 2 teaspoons cumin seeds
- ☐ 0.5 teaspoon fennel seeds
- ☐ 3 garlic cloves
- ☐ 1 pinch ground cinnamon
- ☐ 2 tablespoons olive oil

- ☐ 12 ounce roasted bell peppers red drained chopped
- ☐ 0.5 teaspoon sea salt plus more to taste

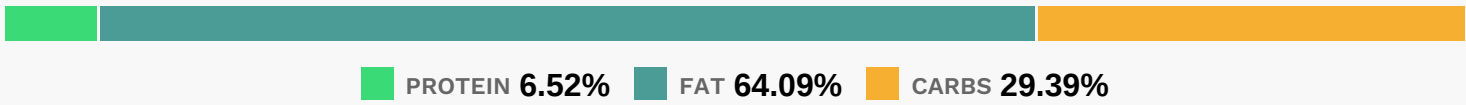
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a dry cast-iron skillet, and cook over medium heat for 2 to 3 minutes or until seeds become fragrant and just begin to toast.
- ☐ Remove from heat, and allow to cool. Grind to a fine powder in a coffee or spice grinder.
- ☐ Transfer spice mixture to a food processor or blender.
- ☐ Add garlic, sea salt, and cinnamon, and process to a paste.
- ☐ Add peppers and oil, and pulse several times to make a coarse paste. Store 2 to 3 days in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:4.3434782080028%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 40.44kcal (2.02%), Fat: 3.12g (4.8%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.38g (0.86%), Sugar: 0.73g (0.82%), Cholesterol: 0mg (0%), Sodium: 584.27mg (25.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin C: 35.61mg (43.17%), Vitamin B6: 0.14mg (7.13%), Vitamin A: 311.14IU (6.22%), Manganese: 0.12mg (6.17%), Iron: 0.78mg (4.32%), Copper: 0.07mg (3.59%), Vitamin K: 3.62µg (3.45%), Vitamin E: 0.51mg (3.42%), Fiber: 0.84g (3.38%), Potassium: 109.62mg (3.13%), Calcium: 24.79mg (2.48%), Magnesium: 9.85mg (2.46%), Folate: 8.63µg (2.16%), Vitamin B3: 0.39mg (1.97%), Phosphorus: 17.87mg

(1.79%), Vitamin B1: 0.02mg (1.59%), Vitamin B2: 0.03mg (1.5%)