



 **90%**
HEALTH SCORE

Homemade Pickling Spice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



172 kcal

SIDE DISH

Ingredients

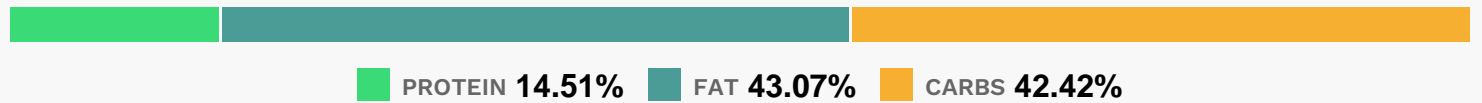
- 2 bay leaves crumbled
- 2 cinnamon sticks
- 1 teaspoon ground ginger
- 2 tablespoons mustard seeds whole
- 1 teaspoon pepper flakes red to taste
- 1 tablespoon allspice whole
- 2 teaspoons coriander seeds whole

Equipment

Directions

- Place mustard seeds, allspice berries, whole coriander seeds, and red pepper flakes into a small glass jar with a tight-fitting lid. Shake to combine.
- Add ground ginger to seeds and shake again.
- Sprinkle crumbled bay leaves over spice mixture and place cinnamon stick halves into the jar. Seal and shake to combine.
- Mixture can be stored in the tightly sealed jar for up to 1 month without loss of flavor.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:18.933478044427%

Nutrients (% of daily need)

Calories: 172.35kcal (8.62%), Fat: 9.77g (15.02%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 11.03g (4.01%), Sugar: 1.86g (2.06%), Cholesterol: 0mg (0%), Sodium: 43.74mg (1.9%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Manganese: 2.76mg (137.98%), Selenium: 48.77µg (69.67%), Fiber: 10.62g (42.48%), Magnesium: 115.75mg (28.94%), Iron: 4.58mg (25.46%), Phosphorus: 220.5mg (22.05%), Calcium: 213.84mg (21.38%), Copper: 0.27mg (13.69%), Vitamin E: 2.04mg (13.6%), Vitamin A: 671.24IU (13.42%), Vitamin B1: 0.2mg (13.41%), Zinc: 1.89mg (12.6%), Potassium: 382.75mg (10.94%), Folate: 39.76µg (9.94%), Vitamin B3: 1.85mg (9.24%), Vitamin B6: 0.17mg (8.55%), Vitamin C: 5.53mg (6.71%), Vitamin B2: 0.1mg (5.84%), Vitamin K: 5.5µg (5.24%), Vitamin B5: 0.23mg (2.31%)