



Indian Spice Blend Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



4

CALORIES



5 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon garam masala (such as McCormick)
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon salt

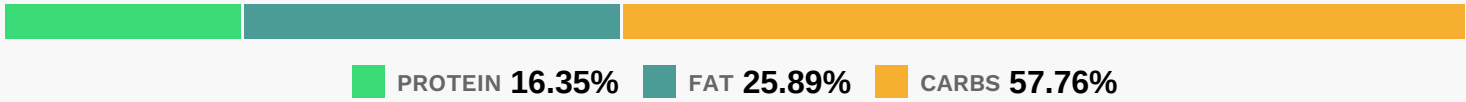
Equipment

bowl

Directions

Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.70869565463584%

Nutrients (% of daily need)

Calories: 5.09kcal (0.25%), Fat: 0.17g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 156.1mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin A: 186IU (3.72%), Manganese: 0.06mg (3.19%), Vitamin E: 0.24mg (1.61%), Fiber: 0.39g (1.58%)