



## Jamaican Curry Powder

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



20 min.

SERVINGS



3

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons anise seeds whole
- 1 tablespoon fenugreek seeds whole
- 5 tablespoons ground turmeric
- 2 tablespoons mustard seeds whole
- 1 tablespoon allspice whole
- 0.3 cup coriander seeds whole
- 2 tablespoons cumin seeds whole

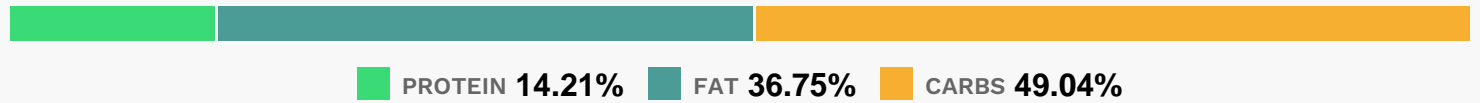
### Equipment

frying pan

## Directions

- Combine the coriander seeds, cumin seeds, mustard seeds, anise seeds, fenugreek seeds, and allspice berries in a skillet. Toast over medium heat until the color of the spices slightly darkens, and the spices are very fragrant, about 10 minutes.
- Remove the spices from the skillet, and allow to cool to room temperature. Grind the spices with the turmeric in a spice grinder. Store in an airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:16.243478083092%

## Nutrients (% of daily need)

Calories: 144.88kcal (7.24%), Fat: 6.96g (10.71%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 12.33g (4.49%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 19.33mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Manganese: 1.56mg (77.95%), Iron: 12.12mg (67.35%), Fiber: 8.56g (34.24%), Selenium: 18.23µg (26.05%), Magnesium: 103.24mg (25.81%), Potassium: 614.92mg (17.57%), Calcium: 173.08mg (17.31%), Phosphorus: 170.3mg (17.03%), Vitamin B6: 0.31mg (15.47%), Copper: 0.31mg (15.37%), Zinc: 1.79mg (11.91%), Vitamin B1: 0.15mg (9.71%), Vitamin C: 7.11mg (8.62%), Vitamin B3: 1.52mg (7.61%), Vitamin B2: 0.11mg (6.19%), Vitamin E: 0.87mg (5.78%), Folate: 20.16µg (5.04%), Vitamin K: 2.18µg (2.07%), Vitamin A: 80.31IU (1.61%)