



WHATSheATE



HEALTH SCORE

58%

Kashmiri Garam Masala



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



41 min.

SERVINGS



4

CALORIES



108 kcal

SEASONING

MARINADE

Ingredients



2 large bay leaves crushed



0.3 cup peppercorns black



4 cinnamon sticks



0.3 cup cumin seed black



1 tablespoon fennel seed



1 pinch ground nutmeg



1 teaspoon mace fresh chopped



2 tablespoons cardamom seeds green

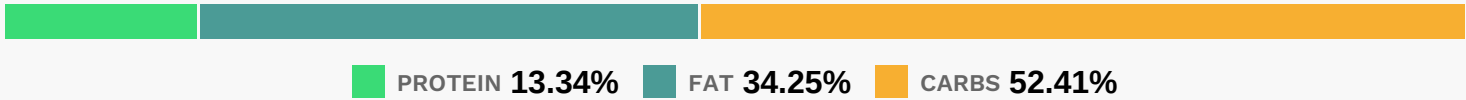
Equipment

☐ frying pan

Directions

- ☐ Heat a small skillet over medium heat; add cumin, bay leaves. cardamom, peppercorns, cloves, fennel seed, mace, and cinnamon sticks and dry roast until fragrant, 6 to 10 minutes.
- ☐ Allow to cool; add nutmeg. Grind the spices into a fine powder using a spice grinder or coffee grinder. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:12.361304288325%

Nutrients (% of daily need)

Calories: 108.22kcal (5.41%), Fat: 4.84g (7.44%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 9.22g (3.35%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 15.58mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Manganese: 2.82mg (141.11%), Iron: 6.25mg (34.73%), Fiber: 7.5g (30%), Vitamin K: 25.64µg (24.41%), Calcium: 178.84mg (17.88%), Copper: 0.29mg (14.69%), Magnesium: 57.37mg (14.34%), Potassium: 352.22mg (10.06%), Phosphorus: 65.23mg (6.52%), Vitamin B1: 0.06mg (4.3%), Vitamin B6: 0.08mg (4.24%), Zinc: 0.61mg (4.09%), Vitamin A: 179.96IU (3.6%), Vitamin B2: 0.06mg (3.32%), Vitamin B3: 0.6mg (3.02%), Vitamin E: 0.44mg (2.95%), Vitamin B5: 0.22mg (2.19%), Selenium: 1.18µg (1.68%), Vitamin C: 1.07mg (1.29%)