



 **58%**
HEALTH SCORE

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%)