



HEALTH SCORE

64%

Mild Curry Powder



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**2 min.**

SERVINGS

**1**

CALORIES

**103 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons ground coriander
- ☐ 2 tablespoons ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons ground turmeric
- ☐ 0.5 teaspoon mustard seed
- ☐ 0.5 teaspoon pepper flakes red crushed

Equipment

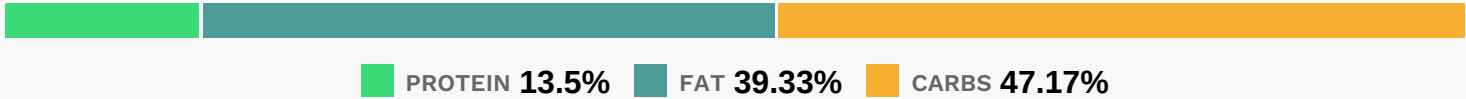
- ☐ food processor

blender

Directions

In a blender or food processor, combine cumin, coriander, turmeric, red pepper flakes, mustard seed, and ginger. Process to a fine powder. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:13.567391203797%

Nutrients (% of daily need)

Calories: 102.75kcal (5.14%), Fat: 5.57g (8.57%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 8.07g (2.94%), Sugar: 0.61g (0.67%), Cholesterol: 0mg (0%), Sodium: 42.04mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Iron: 11.76mg (65.34%), Manganese: 1.29mg (64.5%), Fiber: 6.97g (27.86%), Magnesium: 93.82mg (23.45%), Calcium: 198.37mg (19.84%), Potassium: 486.03mg (13.89%), Phosphorus: 128.6mg (12.86%), Copper: 0.25mg (12.51%), Selenium: 7.31µg (10.44%), Zinc: 1.39mg (9.27%), Vitamin A: 449.67IU (8.99%), Vitamin B1: 0.12mg (8.03%), Vitamin B6: 0.16mg (7.87%), Vitamin E: 0.98mg (6.54%), Vitamin B3: 1.25mg (6.26%), Vitamin B2: 0.09mg (5.45%), Vitamin C: 4.18mg (5.07%), Vitamin K: 2.33µg (2.22%), Folate: 5.6µg (1.4%)