

Mild Curry Powder



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

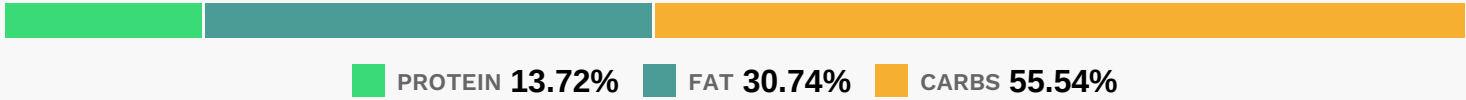
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon ground turmeric
- ☐ 3 tablespoons paprika

Equipment

Directions

- ☐ Combine all ingredients.
- ☐ Note: Store in an airtight container in a dark, cool place for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:5.301739278047%

Nutrients (% of daily need)

Calories: 20.05kcal (1%), Fat: 0.89g (1.38%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 4.7mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 2162.17IU (43.24%), Manganese: 0.33mg (16.28%), Iron: 1.77mg (9.85%), Vitamin E: 1.32mg (8.81%), Fiber: 1.97g (7.87%), Vitamin B6: 0.11mg (5.42%), Potassium: 136.78mg (3.91%), Magnesium: 14.11mg (3.53%), Vitamin B2: 0.06mg (3.49%), Vitamin K: 3.63µg (3.46%), Vitamin B3: 0.55mg (2.73%), Copper: 0.05mg (2.33%), Calcium: 22.15mg (2.22%), Phosphorus: 21.5mg (2.15%), Zinc: 0.29mg (1.94%), Vitamin B1: 0.02mg (1.45%), Vitamin B5: 0.11mg (1.07%)