



Moroccan Spice Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



18 kcal

SEASONING

MARINADE

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 0.1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 0.3 teaspoon nutmeg whole grated

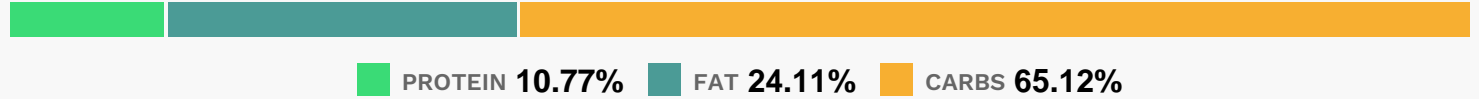
Equipment

bowl

Directions

Combine all ingredients in a small bowl. Store spice mixture in an airtight container.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:3.5317391416301%

Nutrients (% of daily need)

Calories: 18.36kcal (0.92%), Fat: 0.62g (0.95%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 3.11mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Manganese: 0.87mg (43.43%), Iron: 1.29mg (7.19%), Fiber: 1.7g (6.82%), Calcium: 35.93mg (3.59%), Magnesium: 13.33mg (3.33%), Vitamin K: 3.01µg (2.86%), Copper: 0.05mg (2.5%), Potassium: 71.54mg (2.04%), Phosphorus: 14.65mg (1.47%), Selenium: 0.99µg (1.41%), Zinc: 0.19mg (1.23%)