



 **56%**
HEALTH SCORE

Moroccan Spice Mixture

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



61 kcal

SIDE DISH

Ingredients

- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground pepper red
- 1 tablespoon paprika

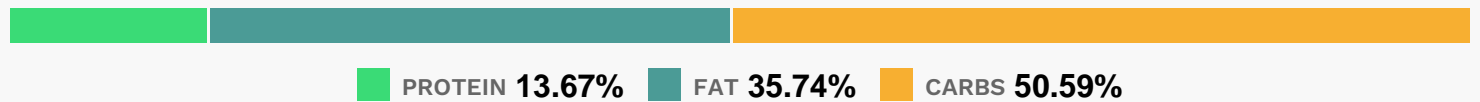
Equipment

- frying pan

Directions

- Heat a nonstick skillet over medium-high heat.
- Remove skillet from heat; add cumin and coriander seeds. Toast, stirring often, 2 minutes or until spices are fragrant (do not brown). Cool.
- Process seeds, paprika, and remaining ingredients in a spice mill or coffee grinder until finely ground. Store spice mixture in an airtight container up to 1 month.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:12.051304138225%

Nutrients (% of daily need)

Calories: 61.2kcal (3.06%), Fat: 3.23g (4.96%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 4.44g (1.61%), Sugar: 0.93g (1.04%), Cholesterol: 0mg (0%), Sodium: 16.84mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin A: 3734.98IU (74.7%), Iron: 6.4mg (35.55%), Manganese: 0.59mg (29.55%), Fiber: 5.84g (23.34%), Vitamin E: 2.41mg (16.06%), Magnesium: 52.28mg (13.07%), Calcium: 118.1mg (11.81%), Potassium: 344.61mg (9.85%), Vitamin B6: 0.19mg (9.49%), Copper: 0.16mg (7.8%), Phosphorus: 74.47mg (7.45%), Vitamin B2: 0.13mg (7.37%), Vitamin K: 6.66µg (6.34%), Zinc: 0.86mg (5.71%), Vitamin B3: 1.14mg (5.71%), Vitamin B1: 0.07mg (4.97%), Selenium: 2.14µg (3.05%), Vitamin C: 2mg (2.42%), Vitamin B5: 0.18mg (1.79%), Folate: 4.62µg (1.15%)