

Mulling Spice Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



35 kcal

SIDE DISH

Ingredients



3 inch cinnamon sticks



1 strip orange zest ()



2 teaspoons allspice whole

Equipment



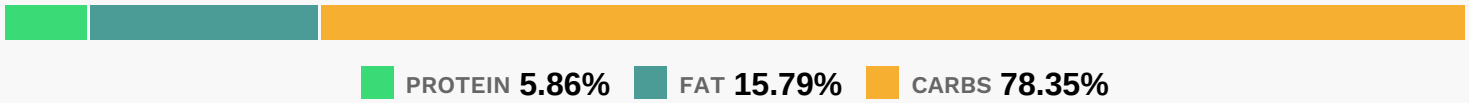
cheesecloth

Directions

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Combine all ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.79, Inflammation Score:0, Nutrition Score:4.4343478660221%

Nutrients (% of daily need)

Calories: 35.28kcal (1.76%), Fat: 0.9g (1.38%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 6.09g (2.22%), Sugar: 0.07g (0.07%), Cholesterol: 0mg (0%), Sodium: 7.95mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Manganese: 0.81mg (40.7%), Fiber: 3.93g (15.74%), Calcium: 98.44mg (9.84%), Vitamin C: 6.7mg (8.12%), Iron: 0.96mg (5.34%), Magnesium: 15.55mg (3.89%), Potassium: 120.09mg (3.43%), Copper: 0.07mg (3.33%), Vitamin B3: 0.34mg (1.7%), Vitamin B6: 0.03mg (1.45%), Vitamin A: 70.48IU (1.41%), Phosphorus: 13.48mg (1.35%), Folate: 4.33µg (1.08%), Zinc: 0.16mg (1.06%)