



## Panch Phoron Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



149 kcal

SIDE DISH

### Ingredients

- 1 tablespoon brown mustard seeds
- 1 tablespoon cumin seeds
- 1 tablespoon fennel seeds
- 1 tablespoon fenugreek seeds
- 1 tablespoon nigella seeds

### Equipment

## Directions

Combine all the ingredients, and store in an airtight container.

## Nutrition Facts

**PROTEIN 18.37%** **FAT 47.78%** **CARBS 33.85%**

## Properties

Glycemic Index:5, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:9.9460869742476%

## Nutrients (% of daily need)

Calories: 148.89kcal (7.44%), Fat: 8.54g (13.14%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 6.8g (2.47%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 22.99mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Iron: 8.97mg (49.81%), Manganese: 0.78mg (38.8%), Fiber: 6.93g (27.71%), Magnesium: 73.47mg (18.37%), Calcium: 152.3mg (15.23%), Copper: 0.25mg (12.55%), Phosphorus: 108.28mg (10.83%), Potassium: 308.38mg (8.81%), Vitamin B1: 0.11mg (7.58%), Selenium: 5.17µg (7.38%), Vitamin B6: 0.13mg (6.41%), Zinc: 0.91mg (6.04%), Vitamin B2: 0.09mg (5.08%), Vitamin B3: 0.91mg (4.56%), Vitamin C: 2.19mg (2.66%), Folate: 10.11µg (2.53%), Vitamin E: 0.3mg (2.01%), Vitamin A: 91.52IU (1.83%)