



 **17%**  
HEALTH SCORE

## Pumpkin Pie Spice I

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



20 kcal

SEASONING

MARINADE

### Ingredients

- 3 teaspoons ground allspice
- 4 tablespoons ground cinnamon
- 4 teaspoons ground ginger
- 4 teaspoons nutmeg

### Equipment

- bowl

## Directions

In a small bowl, combine all ingredients and mix well. Store in air tight container.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:3.7334782507109%

## Nutrients (% of daily need)

Calories: 20.45kcal (1.02%), Fat: 0.52g (0.8%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.41g (0.45%), Cholesterol: 0mg (0%), Sodium: 1.41mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Manganese: 1.08mg (54.14%), Fiber: 2.63g (10.54%), Calcium: 48.02mg (4.8%), Iron: 0.61mg (3.41%), Magnesium: 7.38mg (1.85%), Copper: 0.03mg (1.64%), Vitamin K: 1.26µg (1.2%), Potassium: 41.77mg (1.19%), Selenium: 0.72µg (1.03%)