



Quick Curry Powder from Scratch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

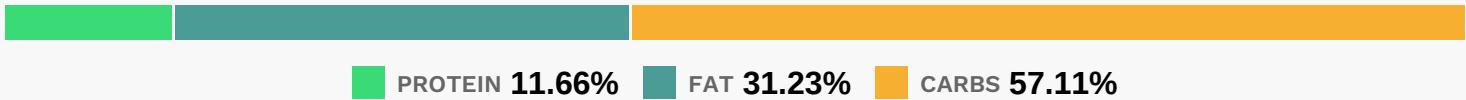
- ☐ 4.5 teaspoons ground coriander
- ☐ 2 teaspoons turmeric
- ☐ 1.5 teaspoons cumin seeds
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon ground cardamom whole
- ☐ 0.5 inch cinnamon sticks (I used 3 shakes of ground cinnamon)
- ☐ 0.3 teaspoon ground ginger

Equipment

Directions

- ☐
- Toss all of the ingredients into your spice grinder and whiz until a fine powder forms, about 1 minute.
- ☐
- Store the spice blend in an airtight container.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:10.026521757893%

Nutrients (% of daily need)

Calories: 66.59kcal (3.33%), Fat: 2.97g (4.57%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 5.77g (2.1%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 26.92mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Manganese: 1.42mg (70.79%), Iron: 5.78mg (32.13%), Fiber: 6.45g (25.8%), Magnesium: 57.31mg (14.33%), Calcium: 121.52mg (12.15%), Potassium: 337.35mg (9.64%), Copper: 0.19mg (9.25%), Phosphorus: 71.92mg (7.19%), Vitamin A: 348.26IU (6.97%), Zinc: 0.91mg (6.08%), Vitamin B6: 0.12mg (5.93%), Vitamin K: 5.52µg (5.25%), Selenium: 3.3µg (4.71%), Vitamin E: 0.64mg (4.27%), Vitamin C: 3.4mg (4.12%), Vitamin B3: 0.74mg (3.71%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.58%)