



Ras El Hanout

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



10 kcal

SEASONING

MARINADE

Ingredients

- 0.3 teaspoon ground cloves
- 0.8 teaspoon pepper black freshly ground
- 1 teaspoon ground ginger
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground pepper

1 teaspoon salt

Equipment

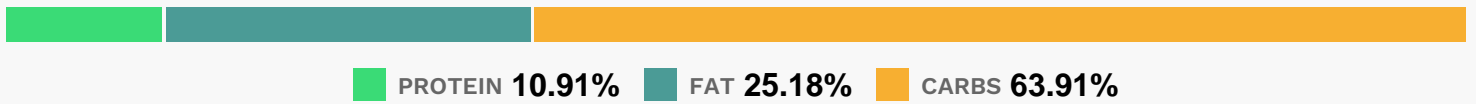
bowl

whisk

Directions

In a small bowl whisk together all ingredients until combined well. Spice blend keeps in an airtight container at cool room temperature 1 month.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.1730434502596%

Nutrients (% of daily need)

Calories: 10.2kcal (0.51%), Fat: 0.36g (0.56%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 777.53mg (33.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Manganese: 0.49mg (24.56%), Iron: 0.78mg (4.34%), Fiber: 0.83g (3.31%), Vitamin A: 153.15IU (3.06%), Calcium: 19.11mg (1.91%), Magnesium: 7.43mg (1.86%), Vitamin K: 1.47µg (1.4%), Potassium: 45.08mg (1.29%), Copper: 0.02mg (1.22%)