

Ras el Hanout

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

8

CALORIES

calories

6 kcal

SEASONING

MARINADE

Ingredients

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

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 teaspoon ground turmeric
- ☐ 1 teaspoon salt

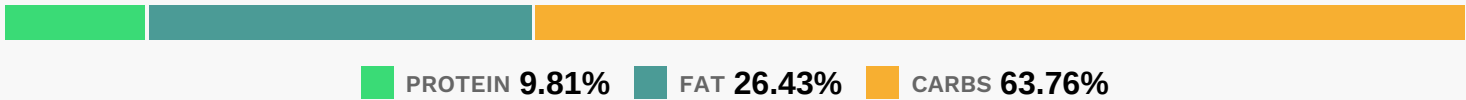
Equipment

- ☐ bowl

Directions

- ☐ Mix salt, cumin, ginger, turmeric, cinnamon, black pepper, white pepper, coriander, cayenne pepper, allspice, nutmeg, and cloves in a small bowl until evenly blended. Store in an airtight container up to 1 month.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.08, Inflammation Score:-9, Nutrition Score:1.0330434601916%

Nutrients (% of daily need)

Calories: 5.89kcal (0.29%), Fat: 0.21g (0.32%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 291.7mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Manganese: 0.22mg (11.19%), Iron: 0.42mg (2.35%), Fiber: 0.45g (1.82%), Vitamin A: 57.74IU (1.15%)