



Ras el Hanout



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



24 kcal

SEASONING

MARINADE

Ingredients

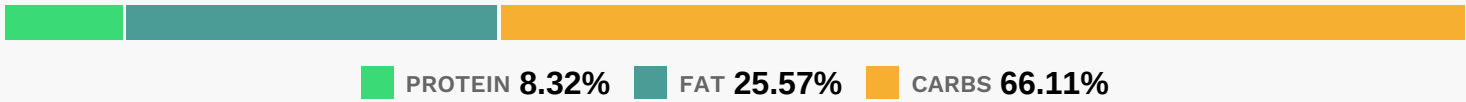
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 1 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground ginger
- ☐ 1.3 teaspoons ground nutmeg
- ☐ 1.5 teaspoons ground turmeric

Equipment

Directions

☐ Combine all ingredients; store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:4.2186956625918%

Nutrients (% of daily need)

Calories: 24kcal (1.2%), Fat: 0.84g (1.29%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 3.08mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Manganese: 1.09mg (54.7%), Fiber: 2.17g (8.69%), Iron: 1.19mg (6.6%), Magnesium: 14.78mg (3.7%), Calcium: 35.3mg (3.53%), Copper: 0.06mg (2.78%), Potassium: 90.62mg (2.59%), Vitamin K: 2.57µg (2.44%), Selenium: 1.27µg (1.82%), Vitamin B6: 0.03mg (1.74%), Phosphorus: 15.47mg (1.55%), Zinc: 0.22mg (1.45%), Vitamin B3: 0.27mg (1.34%), Vitamin C: 0.87mg (1.06%)