



Shanghai Coastline Spice Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



97 kcal

SEASONING

MARINADE

Ingredients



2.8 teaspoons aniseed



7 tablespoons pepper red crushed



2.8 teaspoons ground ginger

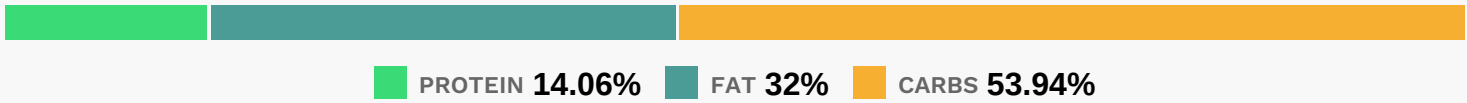
Equipment

Directions

☐

Combine all ingredients in a spice or coffee grinder; process until finely ground. Store spice mix in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:22.38260881538%

Nutrients (% of daily need)

Calories: 97.44kcal (4.87%), Fat: 4.55g (7%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 6.73g (2.45%), Sugar: 2.11g (2.34%), Cholesterol: 0mg (0%), Sodium: 460.38mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin A: 8311.38IU (166.23%), Manganese: 1.46mg (72.75%), Vitamin E: 10.68mg (71.19%), Fiber: 10.53g (42.13%), Iron: 6.4mg (35.58%), Vitamin B6: 0.62mg (31.07%), Vitamin K: 29.62µg (28.21%), Vitamin B3: 3.6mg (17.98%), Potassium: 621.93mg (17.77%), Vitamin B2: 0.28mg (16.23%), Copper: 0.32mg (15.91%), Magnesium: 52.28mg (13.07%), Calcium: 113.3mg (11.33%), Selenium: 7.38µg (10.55%), Phosphorus: 100.72mg (10.07%), Zinc: 1.45mg (9.67%), Vitamin B1: 0.08mg (5.37%), Vitamin B5: 0.28mg (2.84%), Folate: 8.47µg (2.12%)