

Gluten-Free Girl Every Day

Shauna James Ahern with Daniel Ahern Photography by Penny De Los Santos

Shauna James Ahern's Berbere Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



68 kcal

SEASONING

MARINADE

Ingredients

- ☐ 4 chilies dried stemmed seeded
- ☐ 1 teaspoon peppercorns black
- ☐ 2 cardamom pods
- ☐ 1 teaspoon coriander seeds
- ☐ 1 tablespoon basil dried
- ☐ 2 teaspoons fenugreek seeds
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons paprika
- ☐ 1 tablespoon paprika smoked

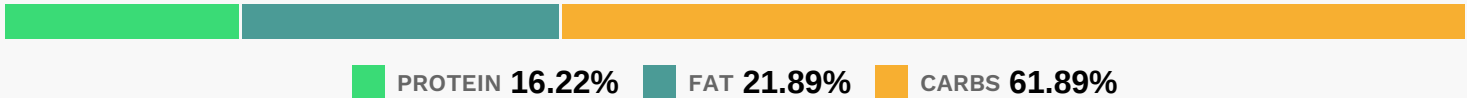
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Set a small skillet over medium-high heat.
- ☐ Add the fenugreek, coriander, peppercorns, and cardamom pods. Toast the spices, moving the skillet around the burner constantly, until the smells are released, 4 to 5 minutes.
- ☐ Let the toasted spices cool.
- ☐ Add them to a clean spice grinder, along with the chiles, and grind fine.
- ☐ Pour the ground spices into a bowl. Stir in the smoked paprika, paprika, dried basil, salt, ginger, and cinnamon. This will keep in an airtight container for 3 months. You're going to be using it often, however.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:18.128695830055%

Nutrients (% of daily need)

Calories: 68.06kcal (3.4%), Fat: 2.16g (3.32%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 6.18g (2.25%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 1176.32mg (51.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin A: 5467.49IU (109.35%), Manganese: 1.54mg (76.83%), Vitamin K: 47.56µg (45.3%), Iron: 6.22mg (34.58%), Fiber: 7.56g (30.24%), Vitamin E: 3.34mg (22.24%), Vitamin B6: 0.3mg (14.93%), Magnesium: 54.47mg (13.62%), Potassium: 414.78mg (11.85%), Vitamin B2: 0.19mg (11.26%), Copper: 0.22mg (10.76%), Calcium: 107.13mg (10.71%), Vitamin B3: 1.43mg (7.15%), Phosphorus: 64.17mg (6.42%), Zinc: 0.96mg (6.4%), Vitamin B1: 0.06mg (3.93%), Folate: 14.6µg (3.65%), Vitamin B5: 0.32mg (3.25%), Selenium: 1.68µg (2.39%), Vitamin C: 1.2mg (1.45%)