

Sichuan-Peppercorn Powder or Toasted Peppercorn Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



37 kcal

Ingredients

- 0.5 cup kosher salt (if making peppercorn salt)
- 0.3 cup peppercorns

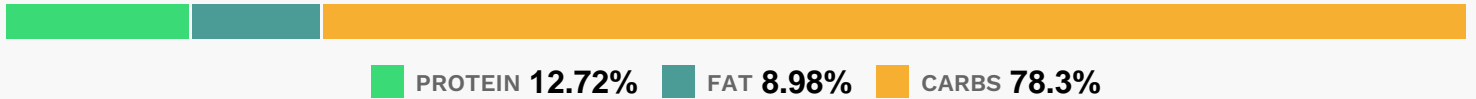
Equipment

- frying pan
- sieve

Directions

- Shake peppercorns in a sieve to get rid of dust, then spread in batches on a white plate and discard any twigs, leaves, thorns, or black inner seeds.
- Toast peppercorns in a dry heavy skillet over moderate heat, stirring, until very fragrant and smoking, 3 to 5 minutes (be careful not to let them burn).
- Grind, while still hot, to a powder in an electric coffee/spice grinder and sift through a fine sieve, discarding hulls.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.83, Inflammation Score:-2, Nutrition Score:8.1965216968371%

Nutrients (% of daily need)

Calories: 37.11kcal (1.86%), Fat: 0.48g (0.74%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 5.72g (2.08%), Sugar: 0.09g (0.11%), Cholesterol: 0mg (0%), Sodium: 14149.63mg (615.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Manganese: 1.92mg (96.11%), Vitamin K: 24.21µg (23.05%), Fiber: 3.74g (14.96%), Copper: 0.21mg (10.38%), Iron: 1.56mg (8.65%), Calcium: 74.27mg (7.43%), Magnesium: 25.65mg (6.41%), Potassium: 199.44mg (5.7%), Phosphorus: 23.36mg (2.34%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.21mg (2.07%), Vitamin A: 80.88IU (1.62%), Vitamin B2: 0.03mg (1.57%), Zinc: 0.21mg (1.42%), Selenium: 0.76µg (1.09%), Vitamin B1: 0.02mg (1.06%), Vitamin E: 0.15mg (1.03%)