



Summer spice mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



81 kcal

SEASONING

MARINADE

Ingredients

- ☐ 25 g peppercorn black
- ☐ 50 g fennel seeds
- ☐ 50 g coriander seeds
- ☐ 50 g cumin seeds
- ☐ 2 tbsp mustard seeds white
- ☐ 2 tbsp chillies crushed

Equipment

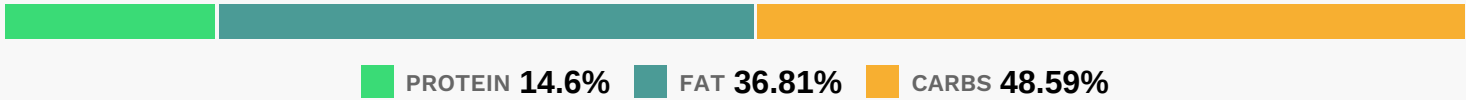
- ☐ bowl

☐ pepper grinder

Directions

- ☐ Simply mix all the spices together in a bag or large bowl.
- ☐ To use, simply transfer the mix to a pepper mill to grind over meat, fish or veg before barbecuing, or add straight into curries.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:11.040869505509%

Nutrients (% of daily need)

Calories: 80.97kcal (4.05%), Fat: 4.12g (6.34%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 5.44g (1.98%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 19.35mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Manganese: 1.18mg (58.97%), Iron: 6.81mg (37.85%), Fiber: 6.8g (27.21%), Magnesium: 79.6mg (19.9%), Calcium: 195.81mg (19.58%), Copper: 0.24mg (11.92%), Phosphorus: 106.78mg (10.68%), Vitamin C: 8.61mg (10.43%), Potassium: 362.04mg (10.34%), Selenium: 5.41µg (7.73%), Vitamin B1: 0.1mg (6.56%), Zinc: 0.97mg (6.45%), Vitamin K: 6.06µg (5.77%), Vitamin B3: 0.95mg (4.77%), Vitamin B6: 0.09mg (4.54%), Vitamin B2: 0.07mg (4.33%), Vitamin A: 141.09IU (2.82%), Vitamin E: 0.35mg (2.31%), Folate: 4.57µg (1.14%)