



Sweet Spice Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



35 kcal

SEASONING

MARINADE

Ingredients

- 0.5 teaspoon ground cardamom
- 2 tablespoons ground cinnamon
- 0.5 teaspoon ground cloves
- 4 teaspoons ground ginger dried
- 1 teaspoon nutmeg
- 2 tablespoons brown sugar light

Equipment

- bowl

Directions

Combine all ingredients in a small bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:4.0634781277698%

Nutrients (% of daily need)

Calories: 34.77kcal (1.74%), Fat: 0.29g (0.45%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 6.77g (2.46%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 2.75mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Manganese: 1.28mg (64.13%), Fiber: 2.13g (8.53%), Calcium: 40.64mg (4.06%), Iron: 0.68mg (3.78%), Magnesium: 7.48mg (1.87%), Selenium: 1.07µg (1.53%), Potassium: 46.97mg (1.34%), Copper: 0.03mg (1.32%), Vitamin K: 1.29µg (1.23%), Vitamin B3: 0.21mg (1.06%)