

SIDE DISH

Tourtiere Spices

22 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
5 min	5 min	4	\$0.17	3 kcal



Need a gluten free, dairy free, paleolithic, and lacto ovo vegetarian side dish? Tourtiere Spices could be an awesome recipe to try. One serving contains 3 calories, 0g of protein, and 0g of fat. This recipe serves 4 and costs 17 cents per serving. 3 people found this recipe to be delicious and sati...

Ingredients

- | | |
|--|---|
| ☐ 1 teaspoon celery salt | ☐ ½ teaspoon ground cinnamon |
| ☐ ½ teaspoon ground cloves | ☐ ½ teaspoon ground black pepper |
| ☐ ¼ teaspoon ground sage | ☐ ½ teaspoon ground thyme |
| ☐ ¼ teaspoon mustard powder | |

EQUIPMENT Bowl

Method

- 1 In a small bowl, combine celery salt, pepper, savory, cloves, cinnamon, thyme, sage and mustard powder.
- 2 Mix well and store in a sealed jar.

Nutrition per serving

3	0 g	0 g	1 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			0 g · 0% of daily needs
Sodium			582 mg · 25% of daily needs
Cholesterol			0 mg · 0% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/tourtiere-spices-144586