

Indian Spice Mix

4 Servings • 1 Serving = 1 Tablespoon



INGREDIENTS

- 1 Tablespoon ground cumin
- 1 Tablespoon curry powder
- 1 Tablespoon chili powder
- ¼ Tablespoon ground all-spice
- ¼ Tablespoon ground cinnamon
- 1/8 teaspoon salt
- ½ Tablespoon freshly ground black pepper
- Optional: ¼ teaspoon cayenne

DIRECTIONS

1. Combine all ingredients in a small bowl. Mix well to combine.

| Nutrition Facts | |
|------------------------------|----------------|
| 4 servings per container | |
| Serving size 1 Tablespoon | |
| Amount per serving | |
| Calories | 20 |
| | % Daily Value* |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 135mg | 6% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 2g | 7% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 36mg | 2% |
| Iron 1mg | 6% |
| Potassium 74mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

chefs.org

@CHEFSanAntonio

