

# Lebanese 7-spice Mixture

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-lebanese-7-spice-recipe>

## Ingredients:

- 1 tablespoon ground black pepper finely
- 1 tablespoon ground allspice
- 1 tablespoon ground cinnamon
- 1 teaspoon grated nutmeg
- 1 teaspoon ground coriander
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger

## Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 4 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams

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