

# Baharat (Middle Eastern Spice Blend)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/baharat-recipe-middle-east-for-fish>

## Ingredients:

- 1 tablespoon black peppercorns
- 1 tablespoon cumin seeds
- 2 teaspoons coriander seeds
- 1 teaspoon whole cloves
- 1/2 teaspoon cardamom seeds
- 1 1/2 tablespoons paprika
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

## Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 5 grams
3. Fat: 1 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. Sodium: 5 milligrams

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