

Lebanese 7 Spice Blend

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 tablespoon ground allspice
- 1 tablespoon ground cloves
- 1 tablespoon ground nutmeg
- 1 tablespoon fenugreek ground
- 1 tablespoon ground ginger
- 2 teaspoons ground black pepper
- 2 teaspoons ground cinnamon

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 7 grams
3. Fat: 1.5 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 10 milligrams
8. Sugar: 1 grams

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