

# Jamaican Curry Powder

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-curry-seasoning-recipe>

## Ingredients:

- 2 1/2 tablespoons ground turmeric
- 1 tablespoon coriander seeds ground
- 1 tablespoon cumin seeds
- 2 teaspoons all-spice
- 2 teaspoons ground ginger
- 2 teaspoons yellow mustard seeds
- 2 teaspoons fenugreek seeds ground
- 1 1/2 teaspoons black pepper or white
- 1 whole clove
- 1 teaspoon ground nutmeg optional
- 1/2 teaspoon pepper ground or more, scotch bonnet, or cayenne pepper

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 8 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 10 milligrams

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