



TANDOORI SPICE BLEND

SERVINGS: 50 CALORIES: 3 KCAL

This tandoori spice blend uses common spices such as ginger, cumin, and paprika for an aromatic, savory combination. This is an easy blend that can be used on chicken, turkey, veggies and more! Make in bulk and store for future use.

INGREDIENTS

2 tablespoons 1-1/8 teaspoon
Ginger, ground

2 tablespoons 1-1/8 teaspoon
Cumin, ground

2 tablespoons 1-1/8 teaspoon
Coriander leaf, dried

2 tablespoons 1-1/8 teaspoon
Paprika

2 tablespoons 1-1/8 teaspoon
Pepper, Cayenne, ground

2 tablespoons 1-1/8 teaspoon
Curry powder

INSTRUCTIONS

1. Mix all ingredients in a large bowl. Store in air tight container.

RECIPE NOTES

*If you dont have curry powder, tumeric can be substituted.

NUTRITION FACTS PER SERVING (1TEASPOON)

Calories: 3 kcal | Fat: 0.1 g | Saturated fat: 2 g | Sodium: 1 mg | Carbohydrates: 0.57 g | Fiber: 0.31 g | Sugar: 0.1 g | Protein: 0.13 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.