



Total Time
NOT AVAILABLE

Serving & Size
SERVINGS (1/2 CUP)

Difficulty
EASY

Yields
1

Nutrition Facts	
Serving Size	SERVINGS (1/2 CUP)
Amount Per Serving	
Calories 469	
	% Daily Value
Total Fat 14.4g	22%
Saturated Fat 2.7g	14%
Cholesterol 0mg	0%
Sodium 79mg	3%
Total Carbohydrate 103.5g	35%
Dietary Fiber 55.1g	220%
Protein 18.1g	36%
Vitamin A 199%	Vitamin C 4%
Calcium 57%	Iron 172%

INGREDIENTS **WEIGHT** **MEASURE**

paprika, ground		12	tblsp.
black pepper, ground		4	tblsp.
ground cinnamon		4	tblsp.
cumin, ground		4	tblsp.
ground coriander		4	tblsp.
ground ginger		4	tblsp.