



Culinary Master

162800 - Premium Garam Masala Spice Blend

Garam masala is a blend of ground spices used throughout Indian cuisine. It is a blend of warming or hot spices. Add this perfect blend to stews and roasts, veggie soups and chilis, and even breads and potatoes for a hint of warm Indian flavor.



Nutrition Facts

Servings per Container 1  
Serving size 100.0g (100g)

Amount per serving  
**Calories 330**

% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol	%
Sodium 170mg	7%
Total Carbohydrate 51g	19%
Dietary Fiber 16g	57%
Total Sugars 1g	
Includes Added Sugar	%
Protein 7g	
Vitamin D	%
Calcium 322mg	25%
Iron 19mg	106%
Potassium 710mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\* Benefits

Garam masala is a blend of ground spices used throughout Indian cuisine. It is a blend of warming or hot spices. Its origins are native to India, Pakistan, and South Asia. Use Culinary Masters Garam Masala to season chicken, lamb and fish. Add this perfect blend to stews and roasts, veggie soups and chilis, and even breads and potatoes for a hint of warm Indian flavor.

Ingredients

Cumin seed, Corriander seed, Cinnamon, Pepper Black Ground, Cardamom seed " And Other All Natural Herbs NO MSG, NO HVP, NO FLOWING AGENTS"

⚠ Allergens

Handling Suggestions

Keep in a cool dry place.

Serving Suggestions

Use as a spice in stews, soups, and curry. This blend also goes well with roasted meats and veggies.

Prep & Cooking Suggestions

Remove desired amount from container.

📄 Product Specifications

Brand	Manufacturer	Product Category
Culinary Master	Culinary Master	Seasonings

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032020526	162800	162800	01068803202052		1/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
1.15lb	1lb		No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
3.6in	2.7in	8.2in	0.05ft3	12x5	195days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	330	Total Fat	9g	Sodium	170mg
Protein	7	Trans Fats		Calcium	322mg
Total Carbohydrates...	51g	Saturated Fat	1g	Iron	19mg
Sugars	1g	Added Sugars		Potassium	710mg
Dietary Fiber	16g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

