



Irish Mixed Spice

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Mixed spice is an essential ingredient in many Irish baking recipes, and especially in festive Christmas fare.

Servings: 1

PREP TIME

5 MIN

TOTAL TIME

5 MIN

Ingredients

- 1 tablespoon allspice ground
- 1 tablespoon cinnamon ground
- 1 tablespoon nutmeg ground
- 2 teaspoon mace ground
- 1 teaspoon coriander ground
- 1 teaspoon ginger ground
- 1 teaspoon cloves ground

Nutrition

Calories 100, Total Fat 4g, Saturated Fat 2g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 0mg, Sodium 16mg, Total Carbohydrates 18g, Dietary Fiber 8g, Sugar 0g, Protein 1g, Vitamin A 128IU, Vitamin C 6mg, Calcium 160mg, Iron 2mg, Phosphorous 37mg, Potassium 206mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Measure each of the different spices and add to a bowl. Combine together with a balloon whisk.
3. Use as needed in parent recipes.

Serving instructions

Total recipe yields 4.66 tablespoons.

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 2.12.25. Nutrition Facts reflect the amount of the entire recipe.

Equipment

bowl, measuring spoons, balloon whisk

Tags

march collection, parent recipe, balloon whisk, measuring spoons, bowl, irishamericanmom.com, sub recipe