

# SPICE CARB COUNT CHART

DRIED HERBS AND SPICES					
	TABLESPOON	TEASPOON		TABLESPOON	TEASPOON
Allspice	4,5 carbs - 3 net carbs	1,5 carbs - 1 net carbs	Garlic Powder	6 carbs - 5,5 net carbs	2 carbs - 2 net carbs
Basil	3 carbs - 1 net carbs	1 carbs - 5 net carbs	Ginger	4 carbs - 3 net carbs	1,5 carbs - 1 net carbs
Bay Leaf	4 carbs - 2,5 net carbs	1,5 carbs - 5 net carbs	Mace	2,5 carbs - 1,5 net carbs	1 carbs - 5 net carbs
Caraway Seed	3,5 carbs - 1 net carbs	1 carbs - trace net carbs	Marjoram	1 carbs - 5 net carbs	5 carbs - trace net carbs
Cardamom	4 carbs - 2,5 net carbs	1,5 carbs - 1 net carbs	Mustard Seed	4 carbs - 3 net carbs	1 carbs - 1 net carbs
Cayenne papper	3 carbs - 1,5 net carbs	1 carbs - 5 net carbs	Nutmeg	3,5 carbs - 2 net carbs	1 carbs - 5 net carbs
Celery seed	2,5 carb - 2 net carbs	1 carbs - 5 net carbs	Onion Powder	5,5 carb - 5 net carbs	2 carbs - 2 net carbs
Celery Salt	2 cards - 1 net carbs	5 cards - 5 net carbs	Oregano	3,5 carbs - 1 net carbs	1 carbs - 5 net carbs
Chervil	1 carbs - 1 net carbs	5 cards - 5 net carbs	Paprika	4 carbs - 1,5 net carbs	1 cards - 5 net carbs
Chili Powder	5 carbs - 1,5 net carbs	1,5 carbs - 5 net carbs	Pepper	4 carbs - 2,5 net carbs	1,5 carbs - 1 net carbs
Cinnamon	5,5 carbs - 2 net carbs	2 carbs - 5 net carbs	Poultry Seasoning	2,5 carbs - 2 net carbs	1 carbs - 1 net carbs
Cloves	4 carbs - 2 net carbs	1 carbs - 5 net carbs	Pumpkin Pie Spice	4 carbs - 3 net carbs	1 carbs - 1 net carbs
Coriander	1 carbs - 1 net carbs	5 carbs - 5 net carbs	Rosemary	2 carbs - 1 net carbs	1 carbs - trace net carbs
Cumin	2,5 carbs - 2 net carbs	1 carbs - 1 net carbs	Sage	1 carbs - 5 net carbs	5 carbs - trace net carbs
Curry Powder	3,5 carbs -1,5 net carbs	1 carbs -5 net carbs	Savory	3 carbs -1,5 net carbs	1 carbs - 1 net carbs
Dill Weed	2 carbs - 1,5 net carbs	5 carbs - 5 net carbs	Sesame Seed	2 carbs - 1,5 net carbs	1 carbs -5 net carbs
Dried Parsley	5 carbs - 5 net carb	trace carbs - trace net carbs	Tarragon Leaves	1 carbs - 5 net carb	5 carbs - 5 net carbs
Dry Minced Onion	4 carbs -4 net carbs	1,5 carbs - 1,5 net carbs	Thyme	3 carbs -4 net carbs	1 carbs - 5 net carbs
Dry Mustard	4 carbs - 4 net cards	1 carbs - 1 net cards	Tumeric	4,5 carbs - 4 net cards	1,5 carbs - 1 net carbs
Fennel	3 carbs - 1 net carbs	1 carbs - trace net carbs			

FRESH HERBS					
	1/4 CUP	TABLESPOON		1/4 CUP	TABLESPOON
Basil	5 carbs — trace net carbs	trace carbs — trace net carbs	Parsley	1 carbs - 5 net carbs	trace carbs — trace net carbs
Chives	5 carbs - 5 net carbs	trace carbs — trace net carbs	Rosemary	1,5 carbs - 5 net carbs	5 carbs - 5 net carbs
Cilantro	trace carbs — trace net carbs	trace carbs — trace net carbs	Sage	no count available	no count available
Oregano	no count available	no count available	Thyme	2,5 carb - 1 net carbs	5 carbs - 5 net carbs

ALL CARB COUNTS ARE ROUNDED TO THE NEAREST HALF CARB