

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 Pepper	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 carbs -- 2 net carbs	1 carbs -- .5 net carbs	Onion Powder	5.5 carbs -- 5 net carbs	2 carbs -- 2 net carbs
Celery Salt	2 carbs -- 1 net carbs	.5 carbs -- .5 net carbs	Oregano	3.5 carbs -- 1 net carbs	1 carbs -- .5 net carbs
Chervil	1 carbs -- 1 net carbs	.5 carbs -- .5 net carbs	Paprika	4 carbs -- 1.5 net carbs	1 carbs -- .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 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 net carbs	1 carbs -- .5 net carbs
Dried Parsley	.5 carbs -- .5 net carbs	trace carbs -- trace net carbs	Tarragon Leaves	1 carbs -- 1 net carbs	.5 carbs -- .5 net carbs
Dry minced onion	4 carbs -- 4 net carbs	1.5 carbs -- 1.5 net carbs	Thyme	3 carbs -- 1 net carbs	1 carbs -- .5 net carbs
Dry Mustard	4 carbs -- 4 net carbs	1 carbs -- 1 net carbs	Turmeric	4.5 carbs -- 3 net carbs	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 carbs -- 1 net carbs	.5 carbs -- .5 net carbs
ALL CARB COUNTS ARE ROUNDED TO THE NEAREST HALF CARB					