The Spice Suite spice bar®

Nutrition Guide

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The Spice Suite

**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. These values were calculated and therefore are approximate. For more accuracy, testing is advised.*

The Spice

Adobo Lime

Earthy flavor with garlic and anise like undertones. This is also a very aromatic spice blend.

Ingredients: cumin, garlic, fennel, lime zest, black pepper, salt, coriander, Mexican oregano, rosemary and thyme.

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	231mg	10%
Total Carbohydrate	1.2g	0%
Dietary Fiber	.5g	2%
Protein	.3g	0%

Calories: 7

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	16mg	1%
Iron	1mg	3%
Potassium	29mg	1%

Alder Smoked Salt

The bark-free, red alder species achieves a flavor balance between sweet and smoky without the risk of bitterness. This salt is the perfect finish for eveyrthing from mac and cheese to meats and avocado toast.

Ingredients: alder smoked salt

Nutrition information coming soon.

Trade Suite

Back to TOC

Balsamic Vinegar

Each flavor is unique and the uses are endless. Pour them over sweet potatoes, roasted carrots, veggies or meats. Add to brown sugar and butter when sauteing cooked fruit for a fun waffle topping. Drizzle over ice cream. Add to fresh tea or lemonade. Mix with olive oil, your favorite spice blend and honey for a salad dressing or marinade.

Ingredients and nutrition information coming soon.

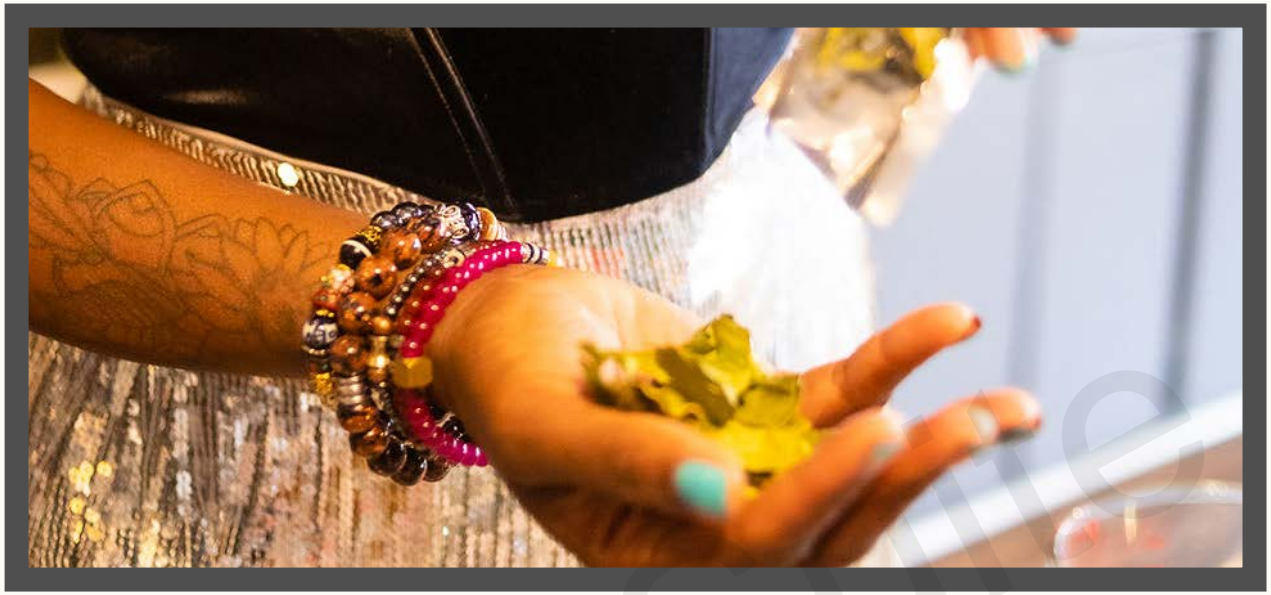
Back to TOC

Bay Leaf

Dried bay leaves have a more pleasant, sweeter taste than fresh leaves and the flavor becomes more intense the longer it cooks.

Ingredients: bay leaf

Nutrition information coming soon.



Berbere

As with many seasoning spice blends from around the world, there are as many variations as there are regions, villages and families. This delightful seasoning blend known as Berbere is considered the culinary foundation of Ethiopian cuisine. Spicy and savory, this blend packs heat and flavor.

Ingredients: cumin, cardamom, allspice, fenugreek, coriander, cloves, black pepper, chili pepper flakes, cayenne pepper, ginger root, turmeric, salt, paprika and cinnamon

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	26.7mg	1%
Total Carbohydrate	1.8g	1%
Dietary Fiber	.9g	4%
Protein	.4g	0%

Calories: 9

	Amount	% DV
Total Sugars	.2g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	8mg	1%
Iron	1mg	3%
Potassium	39mg	1%

The Spice Suite

Black Cardamom

Their intense flavor makes them ideally suited to longer cooking dishes which have the presence of water and fat soluble oils. In addition to their use in masala and Tandoori spice blends, black cardamom pods can be used in cooking soups, stews and casseroles. Add a few to give an almost mysterious, bacony flavor. If you add toward the end of the cooking process, the flavor tends to be stronger than when added at the beginning.

Ingredients: black cardamom pods

Nutrition information coming soon.

Black Garlic Onion

This blend of dried, fermented black garlic is gently tossed with nutty black and white sesame seeds and finely ground Korean chiles and spices. It's malty and fermented like an excellent balsamic, with a husky, bold note that also gives Asian vibes. Perfect when paired with ginger and citrus.

Back to TOC

Blackened

Hand blended from paprika, garlic, yellow mustard, onion, black pepper, oregano, cumin, cayenne, thyme, bay leaves and celery seed.

Ingredients: California paprika, garlic, yellow mustard, onion, black pepper, oregano, cumin, cayenne, thyme, bay leaves and celery seed

Serving Size: 1 tsp

Calories: 9

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	1.6mg	0%
Total Carbohydrate	1.7g	1%
Dietary Fiber	.8g	3%
Protein	.4g	1%

	Amount	% DV
Total Sugars	.2g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	11mg	1%
Iron	1mg	3%
Potassium	46mg	1%

The Spice Suite

Back to TOC

Bourbon Molasses

This has a noticeable, yet somewhat subdued sweetness followed by a smooth earthiness from the garlic and onion. You'll pick up a bit of heat that hits the back of your throat with some lingering citrus notes. If you like the citrus flavor, you can squeeze an orange over your meat once you've finished seasoning it, but before you grill or smoke it. The fresh citrus will give a little extra boost to the citrus notes in the blend, highlighting more of that light flavor.

Ingredients: granulated molasses, demerara sugar, orange, smoked hickory salt, garlic, onion, chipotle, paprika and red bell pepper

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	163mg	7%
Total Carbohydrate	2.9g	1%
Dietary Fiber	.8g	3%
Protein	.2g	0%

Calories: 12

	Amount	% DV
Total Sugars	1.6g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	8mg	1%
Iron	0mg	1%
Potassium	24mg	1%

Brine-ish

Brining is an ancient tradition in which people across the globe long ago figured out how to use salt, water and spices to preserve meat well before the use of refrigeration was ever invented. Used as a brine or ground into a spice blend, this flavorful mix is savory with a hint of sweetness.

Ingredients: coarse sea salt, brown sugar, white peppercorns, orange peel, garlic flakes, black peppercorns, toasted minced onion, rosemary, pink peppercorns, allspice berries, juniper berries, green peppercorns, thyme, basil, oregano, sage and bay leaves

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Protein	0g	0%

Calories: 0

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	0mg	0%

The Spice Suite

Brown Sugar Rub

The flavor is a bit sweet with hints of citrus and anise.

Ingredients: brown sugar, orange zest, black pepper, sea salt, coriander, anise, cumin and fennel

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	127mg	6%
Total Carbohydrate	2g	1%
Dietary Fiber	.7g	3%
Protein	.2g	0%

Calories: 9

	Amount	% DV
Total Sugars	.9g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	9mg	1%
Iron	0mg	2%
Potassium	21mg	0%

Cajun Coffee Rub

It has a dark, earthy flavor combined with a nice balance of garlic and onion notes, with a background flavor of cumin. The rub is low in sugar and salt so that you don't get an overly salty or sweet result.

Ingredients: ancho chile powder, brown sugar, paprika, ground Sumatra (fresh dark roasted coffee), sea salt, black pepper, yellow mustard, coriander, ginger, de arbol chile powder and Mexican oregano

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	155mg	7%
Total Carbohydrate	2g	1%
Dietary Fiber	.5g	2%
Protein	.3g	0%

Calories: 9

	Amount	% DV
Total Sugars	.6g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	6mg	0%
Iron	0mg	2%
Potassium	38mg	1%

The Spice Suite

Cajun Creole

Has a bit of mild pungent spiciness to it with just a bit of heat.

Ingredients: paprika, thyme, granulated garlic, granulated onion, oregano, sage, black pepper, white pepper, and cayenne pepper

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1.3mg	0%
Total Carbohydrate	1.9g	1%
Dietary Fiber	.7g	3%
Protein	.3g	0%

Calories: 9

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	16mg	1%
Iron	0mg	2%
Potassium	41mg	1%

The Spice Suite

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	.3mg	0%
Total Carbohydrate	1.2g	0%
Dietary Fiber	.5g	2%
Protein	.2g	0%

Calories: 5

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	7mg	1%
Iron	0mg	1%
Potassium	20mg	0%

Cardamom

Cardamom's flavor is complex, slightly sweet, floral and spicy with citrus undertones. It is best to grind cardamom fresh for superior aroma and flavor as once ground both are quickly lost. Cardamom intensifies both savory and sweet flavors and is a key ingredient in many spice blends.

Ingredients: green cardamom pods

Chili Lime

Heat from the chiles balances well with the tartness of the lime juice powder, and you'll also pick up the undertones of sweetness.

Ingredients: California garlic, cumin, cayenne, sea salt, California onion, coriander, citric acid, lime, sugar, California paprika and guajillo

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	66.3mg	3%
Total Carbohydrate	2.2g	1%
Dietary Fiber	.6g	3%
Protein	.5g	1%

Calories: 11

	Amount	% DV
Total Sugars	.3g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	13mg	1%
Iron	1mg	3%
Potassium	29mg	1%

Chili-ish

The ideal balance of earthy flavor from the cumin, Mexican oregano and Spanish paprika with just enough subtle heat from the ancho and de arbol chiles.

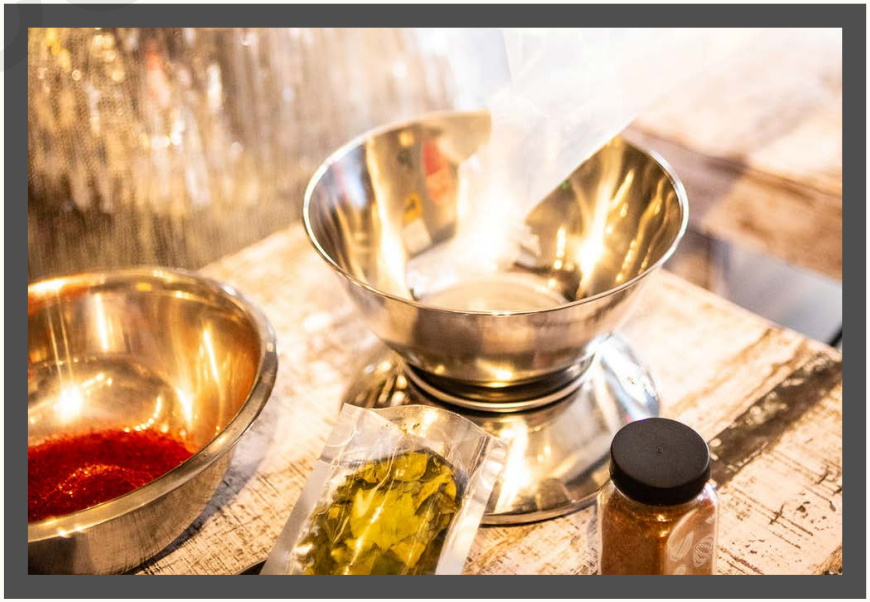
Ingredients: ancho chile powder, paprika, cumin, brown mustard, Mexican oregano, coriander, sea salt, garlic powder, onion powder, de arbol chile powder, black pepper and brown sugar

Chimichurri

This light, herbaceous flavor of traditional South American cuisine can be used as a dry seasoning blend on meats and fish or added to olive oil with fresh citrus for a quick seasoning to brush onto finished meats and veggies.

Ingredients: smoked sweet paprika, black pepper, parsley, garlic, basil, lemon peel, oregano, thyme and aji amarillo

Nutrition information coming soon.



The Spice Suite

Cinnamon

Cinnamon has a sweet, woody fragrance in both ground and stick forms.

Ingredients: cinnamon

Cinnamon Sugar

Savory, cinnamony and sweet. The perfect finisher for waffles, french toast, cornbread and more.

Ingredients: ceylon cinnamon, korintje cinnamon and raw cane sugar

Nutrition information coming soon.

The Spice

Back to TOC

Citrus Ginger

Sweet, salty and a little savory. There is a kick from the red pepper flakes and cayenne, and the ginger flavor is pronounced. The blend has a slight tartness to it from the lime juice powder, vinegar and citric acid.

Ingredients: sesame seeds, red pepper flakes, chives, toasted minced onion, roasted minced garlic, ginger powder, demerara sugar, sea salt, lime juice powder, vinegar powder, soy sauce powder, cayenne pepper, citric acid

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	159mg	7%
Total Carbohydrate	2.9g	1%
Dietary Fiber	.4g	2%
Protein	.3g	0%

Calories: 14

	Amount	% DV
Total Sugars	1.3g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	6mg	0%
Iron	0mg	2%
Potassium	27mg	1%

The Spice Suite

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	1.9g	1%
Dietary Fiber	1.1g	4%
Protein	.2g	0%

Calories: 8

	Amount	% DV
Total Sugars	.3g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	0mg	1%
Potassium	30mg	1%

Citrus Hibiscus

It starts off a bit tart and citrusy and then you'll pick up some floral notes, finally finishing with just a little bit of heat hitting the back of your throat. This is definitely NOT considered a spicy hot rub.

Ingredients: hibiscus tea, tangerine peel, garlic, Sandia chile powder, coriander, black pepper, ginger and cumin

Citrus Hops

Citrus Hops is very citrusy, slightly sour, sweet and has just a bit of pleasant bitterness from the hops.

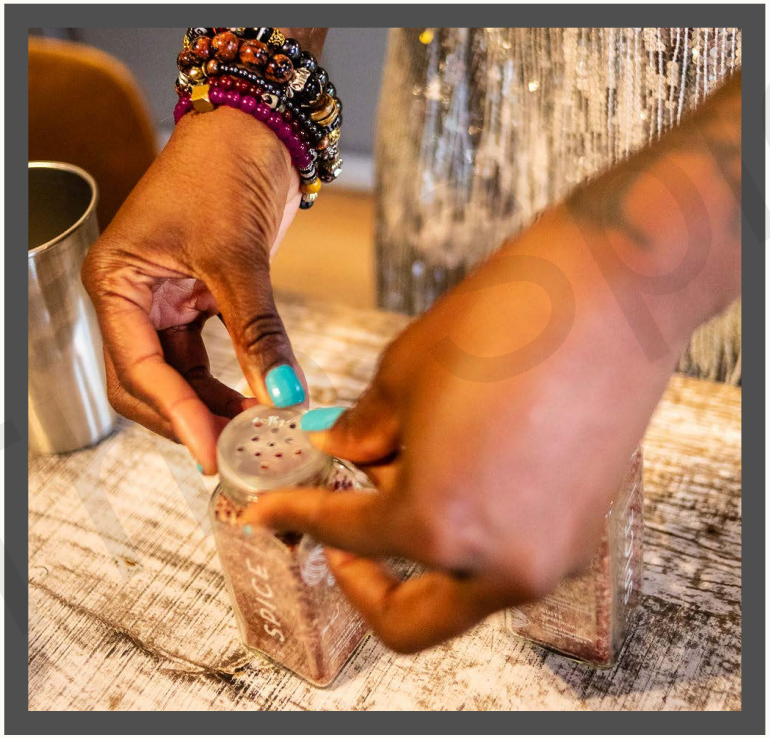
Ingredients: honey, sea salt, citric acid, lemon, grapefruit, lime juice powder, orange juice powder, orange, black pepper, basil, and cascade hops

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	178mg	8%
Total Carbohydrate	3.3g	1%
Dietary Fiber	.3g	1%
Protein	0g	0%

Calories: 13

	Amount	% DV
Total Sugars	2.4g	0%
Added Sugars	2g	5%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	5mg	0%
Iron	0mg	0%
Potassium	8mg	0%



Tropos Suite

Citrus Savory Pepper

This magical blending of aromatic, spicy, sweet, tart and mild citrus flavors is a zesty seasoning blend, and it gives just a hint of citrus with just a dash of heat. This is NOT considered one of our spicier seasonings.

Ingredients: garlic, paprika, orange zest, chili powder, coarse black pepper

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	251mg	11%
Total Carbohydrate	2.3g	1%
Dietary Fiber	1.1g	4%
Protein	.4g	0%

Calories: 11

	Amount	% DV
Total Sugars	.2g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	12mg	1%
Iron	0mg	1%
Potassium	40mg	1%

Citrus Sesame

Nutty and citrusy, this combination of flavors makes for a robust flavor of unique proportion. The coarse texture of this blend makes a great cripsy coating on steak and fish while also being delicate enough for potatoes and veggies.

Ingredients: sea salt, toasted sesame seeds, toasted minced onion, orange peel, ginger, lemon, black pepper, cilantro and basil

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	287mg	12%
Total Carbohydrate	1.5g	1%
Dietary Fiber	.7g	3%
Protein	.3g	0%

Calories: 9

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	13mg	1%
Iron	0mg	1%
Potassium	23mg	0%

The Spice Suite

Back to TOC

Classic Signature

This blend is complex, savory with hints of sweetness, soy sauce and garlic undertones.

Ingredients: demerara sugar, garlic, onion, sea salt, black pepper, sesame, soy sauce, ginger, Korean chile flakes, orange, turmeric and chives

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	111mg	5%
Total Carbohydrate	3.2g	1%
Dietary Fiber	.7g	3%
Protein	.5g	1%

Calories: 15

	Amount	% DV
Total Sugars	1.5g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	7mg	1%
Iron	0mg	2%
Potassium	32mg	1%

The Spice Suite

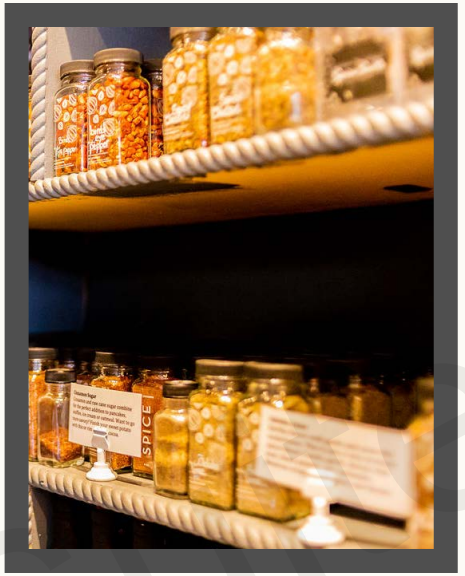
Back to TOC

Curry Leaves

Curry leaves have a subtle aroma of roasted curry with an understated flavor that is faintly spicy and bitter with citrus undertones.

Ingredients: curry leaves

Nutrition information coming soon.



Curry Powder

Madras curry is the style of curry that western tastes expect from a curry powder. But don't mistake Madras curry for a bland curry powder as it is certainly rather complex. Curry powder has a unique flavor due to the combination of both savory and sweet spices. Savory spices like cumin, turmeric and bay leaf give the curry a deep, earthy flavor while sweet spices like cinnamon and clove add brightness and pep.

Ingredients: coriander, turmeric, brown mustard, fenugreek seed, cumin, cinnamon, red pepper flakes, ginger, black pepper and cardamom

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	1.5g	1%
Dietary Fiber	.7g	3%
Protein	.4g	0%

Calories: 9

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	12mg	1%
Iron	1mg	4%
Potassium	35mg	1%

The Spice Suite

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	221mg	10%
Total Carbohydrate	5.5g	2%
Dietary Fiber	1.8g	7%
Protein	1g	1%

Calories: 26

	Amount	% DV
Total Sugars	1.6g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	9mg	1%
Iron	0mg	1%
Potassium	14mg	0%

DELICIOSO

This blend is very savory, with a garlicky taste and some crunch. There are herby and smoky undertones, but this is not a spicy hot blend. It is just the right amount of heat, not overwhelming, despite having several chiles in the ingredients list.

Ingredients: ancho, guajillo, garlic, sea salt, sesame seeds, chipotle, thyme, Mexican oregano and meco.

The Spice Suite

Back to TOC

Edible Rosebuds

Rose petals are usually used for infusing flavor into dishes, but they taste earthy and floral, with a slight sweetness to them. Some people liken the flavor of rose petals to strawberries.

Ingredients and nutrition information coming soon.

Back to TOC

French Mustard Herb

Sharp yellow mustard powder blended with fennel, parsley and aromatic garlic and onion give this seasoning its fragrant, herbaceous flavor.

Ingredients: salt, mustard powder, spices, granulated onion, orange peel, minced garlic, dried cane syrup, celery seed and arrowroot.

Garlic Pepper

Garlic Pepper is the perfect blend of garlic flavor and fresh ground pepper that adds a unique flavor to chicken, beef and fish. The salt in this spice blend will enhance the natural flavor of the meat while the garlic and pepper adds a hint of spice and intrigue to the dish.

Ingredients: sea salt, garlic, red pepper, black pepper and coriander

Nutrition information coming soon.

The Spice Suite

Garlicky

This blend is salty with a smooth roasted garlic flavor. There is a hint of mild heat from the freshly ground white pepper as well.

Ingredients: roasted garlic, sea salt, onion and white pepper

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	440mg	19%
Total Carbohydrate	2.1g	1%
Dietary Fiber	.8g	3%
Protein	.4g	0%

Calories: 10

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	23mg	2%
Iron	0mg	0%
Potassium	42mg	1%

The Spice Suite

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	.7mg	0%
Total Carbohydrate	1.9g	1%
Dietary Fiber	.4g	1%
Protein	.2g	0%

Calories: 9

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	3mg	0%
Iron	1mg	3%
Potassium	34mg	1%

Ginger

Ground ginger is peppery and warm with lemon undertones. You'll also notice a fiery taste with a pungent aroma.

Ingredients: ground ginger

Back to TOC

Honey Chipotle

This blend has the ideal balance of sweet and heat. We absolutely love the sweet taste provided by the honey combined with the smoky flavor of the ground chipotle powder.

Ingredients: granulated honey, sea salt, onion, paprika, chipotle powder and Italian seasoning

Serving Size: 1tsp

Calories: 14

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	258mg	11%
Total Carbohydrate	3.3g	1%
Dietary Fiber	.1g	0%
Protein	0g	0%

	Amount	% DV
Total Sugars	2.9g	0%
Added Sugars	3g	6%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	3mg	0%
Iron	0mg	0%
Potassium	8mg	0%

Nutrition information coming soon.

Indian-ish

Very distinctive, multidimensional flavor. It is savory and garlicky, yet a little bitey because of the ginger and Kashmiri chile powder.

Ingredients: ground coriander, ground cardamom, ground fenugreek, kashmiri chile powder, ground ginger, ground cumin, California garlic, Indonesian ground nutmeg, demerara sugar, konrintje cinnamon, black pepper, ground cloves, green mango powder, ground mace and turmeric.

The Spice Suite

Infused Honey

Our honey flavors vary, but the uses are always the same: oatmeal, yogurt, pancakes, sweet potatoes, roasted veggies, salmon, chicken, bbq sauce, cornbread, fresh fruit, and more.

Ingredients and nutrition information coming soon.

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	.8mg	0%
Total Carbohydrate	1.1g	0%
Dietary Fiber	.5g	2%
Protein	.2g	0%

Calories: 5

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	0mg	2%
Potassium	16mg	0%

Italian-ish

A perfect balance of intricate herbal notes, you'll also pick up onion and garlic undertones and subtle hints of sweetness.

Ingredients: toasted onion, oregano, basil, thyme, rosemary, roasted garlic, red bell pepper and marjoram

Back to TOC

The Spice Suite

Back to TOC

Jamaican Jerk

The primary flavors of jerk seasoning are allspice accompanied by a strong heat. Jerk seasoning is not mild. Other herbs and spices like ginger, garlic and onion form the background flavor notes.

Ingredients: onion, coriander, garlic, ginger, sugar, black pepper, allspice, cinnamon, thyme, nutmeg, scotch bonnet, clove and chives

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1.7mg	0%
Total Carbohydrate	1.9g	1%
Dietary Fiber	.7g	3%
Protein	.3g	0%

Calories: 9

	Amount	% DV
Total Sugars	.3g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	0mg	1%
Potassium	26mg	1%

The Spice Suite

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Protein	0g	0%

Calories: 4

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	0mg	0%

Juniper Berries

Juniper berries are tart and sharp with a resinous, piney flavor and hints of citrus. If you've had gin before, you'll recognize the distinct taste of juniper.

Ingredients: juniper berries

Back to TOC

Lebanese 7 Spice

Savory and sweet, but perfectly balanced. I know a lot of these seasonings are found more commonly in desserts. However, with this specific mixture, this spice blend works amazingly in many dishes including meat dishes.

Ingredients: black pepper, cinnamon, cloves, ginger, allspice, fenugreek and nutmeg

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	2.2mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	.8g	3%
Protein	.3g	0%

Calories: 10

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	11mg	1%
Iron	0mg	2%
Potassium	27mg	1%

Spice Suite

Back to TOC

Mediterranean

Salt free and still flavorful, this blend is earthy, classic and fun for everything from veggies to meats.

Ingredients: thyme, oregano, sage, basil, rosemary, garlic, lemon peel and black pepper

Serving Size: 1tsp

Calories: 6

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	.6mg	0%
Total Carbohydrate	1.3g	0%
Dietary Fiber	.6g	2%
Protein	.2g	0%

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	0mg	1%
Potassium	11mg	0%

Nutrition information coming soon.

The Spice Suite

Merlot Salt

Combines the complexity of a fine wine with the simplicity of a solar-evaporated sea salt, resulting in a beautiful purple salt that's bold up front and finishes slightly tart.

Ingredients: merlot wine and sea salt

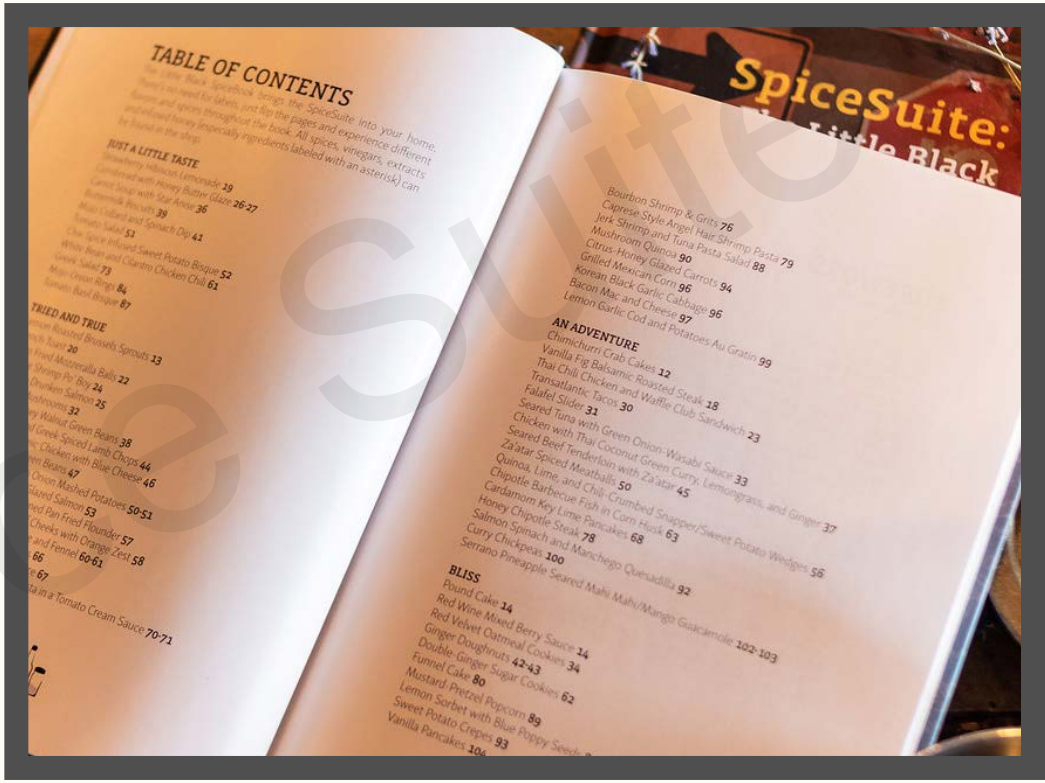
Back to TOC

Mint

Dried mint is best used to complement bolder flavors, such as rubs, that are heavy on chiles and pepper, or hearty root vegetables. Spearmint also works well with fruit, meats, herbs and is a key ingredient in many yogurt sauces. Dried mint is probably best known as a key ingredient in Middle Eastern Tabouli, the Greek meatball dish Keftedes as well as in Turkish Cacik, which is a cucumber and yogurt salad. Spearmint also adds a delightful zest to casseroles, vegetable stews, lentils, salad, cooked vegetables and noodle and bean soups.

Ingredients: turkish spearmint

Nutrition information coming soon.



The Spice Suite

Mixed Pepper

In addition to the peppery flavor that you'd expect, you'll also pick up hints of garlic and even some gentle sweet notes provided by the green and roasted red bell peppers. This is our most popular salt free seasoning blend and it's stuffed full of zesty flavor without being hot! In addition to being salt free, it's also sugar free!

Ingredients: black pepper, onion, garlic, red bell pepper and celery seed

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1.4mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	.7g	3%
Protein	.3g	0%

Calories: 9

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	12mg	1%
Iron	0mg	2%
Potassium	41mg	1%

The Spice Suite

Back to TOC

Mojo

Together, you get a taste that is slightly peppery, a bit tangy, somewhat spicy yet sweet and citrusy with a bite.

Ingredients: garlic, cumin, black pepper, orange and lime

Serving Size: 1tsp

Calories: 10

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1.4mg	0%
Total Carbohydrate	2.2g	1%
Dietary Fiber	.7g	3%
Protein	.4g	0%

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	14mg	1%
Iron	0mg	2%
Potassium	36mg	1%

The Spice Suite

Serving Size: 1tsp

Calories: 9

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	278mg	12%
Total Carbohydrate	1.7g	1%
Dietary Fiber	.8g	3%
Protein	.3g	0%

	Amount	% DV
Total Sugars	.5g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	14mg	1%
Iron	1mg	3%
Potassium	36mg	1%

Moroccan Allspice

Exotic with a complex, earthy flavor. You'll find a touch of sweetness balanced by some earthiness and some very subtle undertones of heat.

Ingredients: smoked sweet paprika, cumin, salt, cinnamon, fennel, cayenne pepper, coriander, brown sugar and cloves

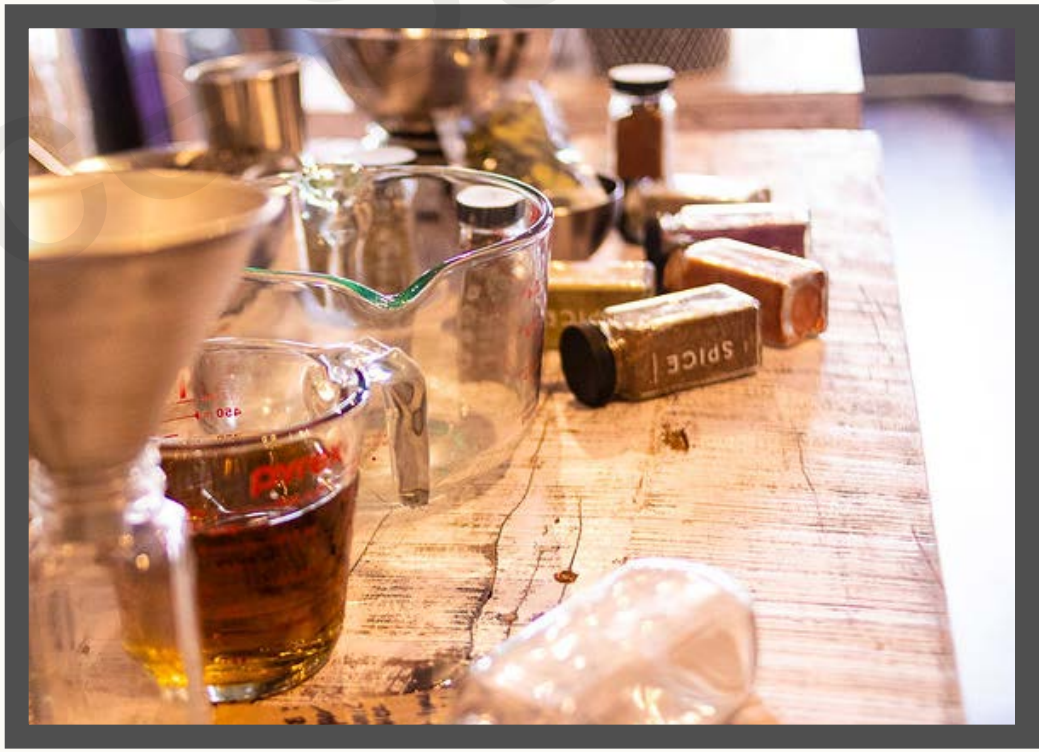
Back to TOC

Olive Oil

Each flavor is unique. Use these the way you'd use olive oil except you'll start with amazing flavor. Perfect for sauteing, finishing pastas and breads and of course salad dressing.

Ingredients: olive oil

Nutrition information coming soon.



Spice Suite

On Everything

Rich earthy flavor with a hint of sweetness.

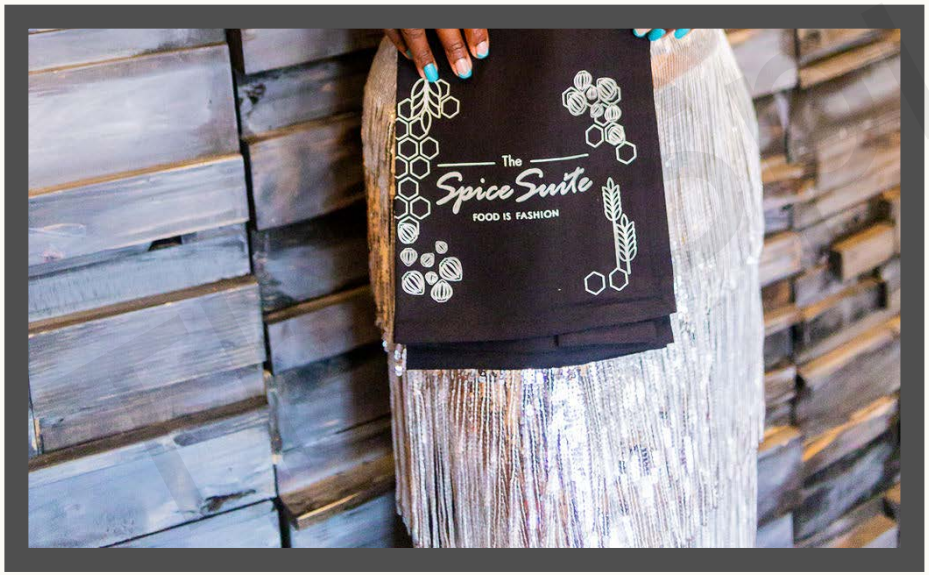
Ingredients: cumin, coriander, smoked sweet paprika, cinnamon and parsley

Serving Size: 1tsp

Calories: 8

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	2.5mg	0%
Total Carbohydrate	1.4g	1%
Dietary Fiber	.7g	3%
Protein	.3g	0%

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	28mg	2%
Iron	1mg	5%
Potassium	36mg	1%



Rasberry Sugar

The perfect finisher for waffles, french toast, cornbread, rimming glasses and more.

Ingredients: freeze dried raspberries and raw cane sugar

Nutrition information coming soon.

The Spice Suite

Back to TOC

Rustic Tuscan

Perfect when paired with a top notch olive oil (either infused or with a single varietal). You'll instantly pick up on the garlicky beginning with a nice herbaceous background and finally a splash of heat from the red pepper.

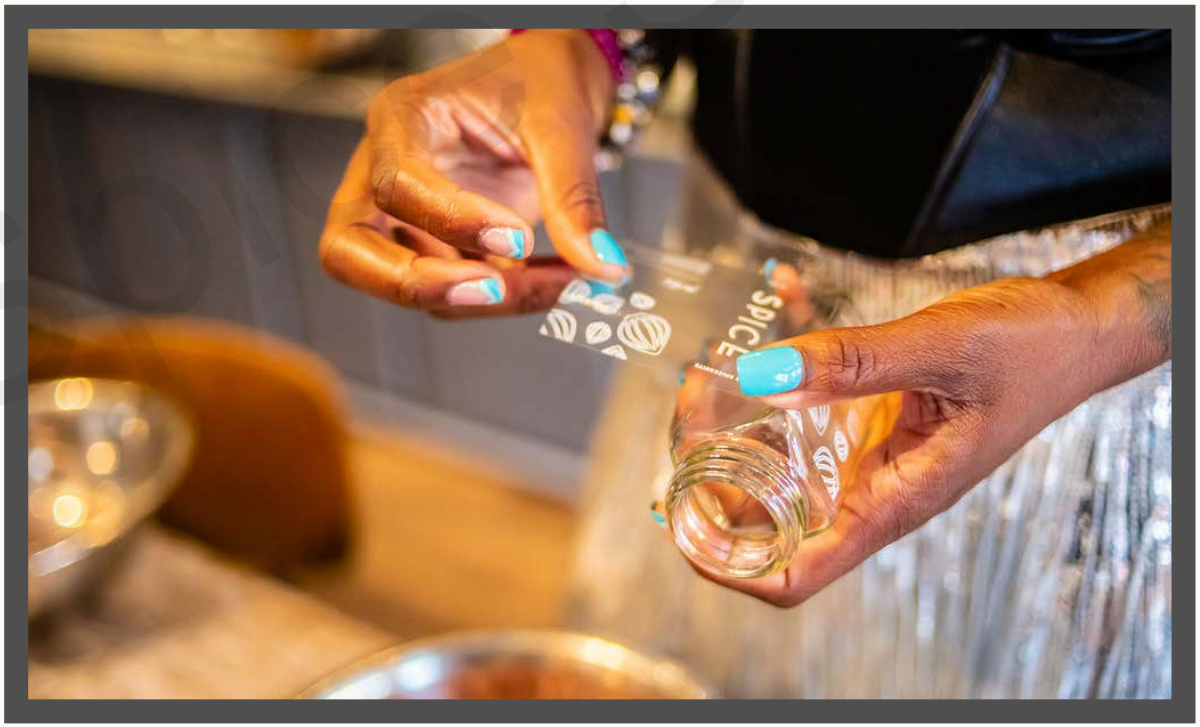
Ingredients: garlic, salt, black pepper, onion, red pepper flakes, rosemary, basil, Mediterranean oregano and parsley

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	275mg	12%
Total Carbohydrate	1.4g	0%
Dietary Fiber	.6g	2%
Protein	.3g	0%

Calories: 7

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	9mg	1%
Iron	0mg	1%
Potassium	24mg	1%



The Spice Suite

Salty Seasoning

Our seasoning salt is salty and slightly sweet with some subtle garlic notes.

Ingredients: garlic, korintje cinnamon, sea salt, yellow mustard, onion, mexican oregano, celery, demerara sugar, black peppercorns, Spanish paprika

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1490mg	65%
Total Carbohydrate	1.1g	0%
Dietary Fiber	.2g	1%
Protein	.2g	0%

Calories: 5

	Amount	% DV
Total Sugars	.6g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	4mg	0%
Iron	0mg	1%
Potassium	13mg	0%

Satay

Lemony and slightly spicy, Satay spice blend makes a delicious Asian-style marinade for pork, poultry, seafood and fish. Satays are miniature Indonesian kebabs. The lemony flavor is also ideal for fish soups, sautéed shrimp, roast duck or corn and shrimp fritters.

Ingredients: garlic, onion, coriander, orange zest, lemongrass, turmeric, smoked paprika, ginger, salt, chipotle powder and cayenne

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	200mg	9%
Total Carbohydrate	2g	1%
Dietary Fiber	.7g	3%
Protein	.3g	0%

Calories: 9

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	9mg	1%
Iron	0mg	2%
Potassium	31mg	1%

The Spice Suite

Sesame Garlic

The flavor profile of our Sesame Garlic seasoning is a delightful balance of pepper and garlic with crunchy and nutty undertones provided by the toasted sesame seed.

Ingredients: sesame seeds, garlic flakes, black pepper, lemon peel and chives

Serving Size: 1tsp

	Amount	% DV
Total Fat	1g	1%
Cholesterol	0mg	0%
Sodium	1.5mg	0%
Total Carbohydrate	1.2g	0%
Dietary Fiber	.7g	3%
Protein	.6g	1%

Calories: 15

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0mg	2%
Potassium	22mg	0%

The Spice Suite

Shichimi Togarashi

This has a bit of a quick hitting heat that fades quickly but is also complex and savory with hints of citrus and earthiness.

Ingredients: black pepper, cayenne, tangerine zest, garlic, poppy seed, black sesame and nori (Japanese seaweed)

Serving Size: 1tsp

	Amount	% DV
Total Fat	1g	1%
Cholesterol	0mg	0%
Sodium	1.2mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	1.1g	5%
Protein	.6g	1%

Calories: 17

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0.1	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	14mg	1%
Iron	0mg	1%
Potassium	30mg	1%

Back to TOC

Smoked Applewood Chili

This blend is slightly sweet but you will also certainly pick up on a delightful balance of heat thanks to the chipotle elements as well as the black pepper. The heat is not overpowering, instead it works alongside the sweetness and adds to the smoky qualities of this blend.

Ingredients: granulated honey, smoked applewood sea salt, California paprika, garlic, onion, chipotle powder, black pepper and chipotle flakes

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	158mg	7%
Total Carbohydrate	3.2g	1%
Dietary Fiber	.2g	1%
Protein	.1g	0%

Calories: 13

	Amount	% DV
Total Sugars	2.5g	0%
Added Sugars	2g	5%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	4mg	0%
Iron	0mg	1%
Potassium	16mg	0%

The Spice Suite

Smoked Sweet Paprika

Smoked Sweet Paprika is rich in chile flavor and has a complexity and depth thanks to its smoky undertones.

Ingredients: paprika

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	2.9mg	0%
Total Carbohydrate	1.5g	1%
Dietary Fiber	1g	4%
Protein	.4g	1%

Calories: 10

	Amount	% DV
Total Sugars	.3g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	6mg	0%
Iron	0mg	2%
Potassium	64mg	1%

Smoked Tea Rub

A rich deep sweetness with strong but not overpowering smokiness and subtle herby notes.

Ingredients: granulated molasses, sea salt, Lapsong Souchong tea, demerara sugar, sesame seeds, paprika, garlic, black pepper, fennel, rosemary and marjoram

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	398mg	17%
Total Carbohydrate	2.6g	1%
Dietary Fiber	.6g	2%
Protein	.2g	0%

Calories: 11

	Amount	% DV
Total Sugars	1.7g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	11mg	1%
Iron	0mg	1%
Potassium	30mg	1%

Smoky Citrus

As its name suggests, this blend is packed with robust citrus and just enough saltiness to make the perfect start or finishing blend for most any vegetable or seafood dish.

Ingredients: sea salt, orange, black pepper, lemon, smoked hickory salt, organic lime and ginger.

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1250mg	55%
Total Carbohydrate	.9g	0%
Dietary Fiber	.6g	2%
Protein	.1g	0%

Calories: 4

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	6mg	0%
Iron	0mg	0%
Potassium	12mg	0%

The Spice Suite

Smoky Porcini

This is a savory blend with a bit of heat that is complemented nicely by the earthy flavors of the porcini mushroom powder and cumin.

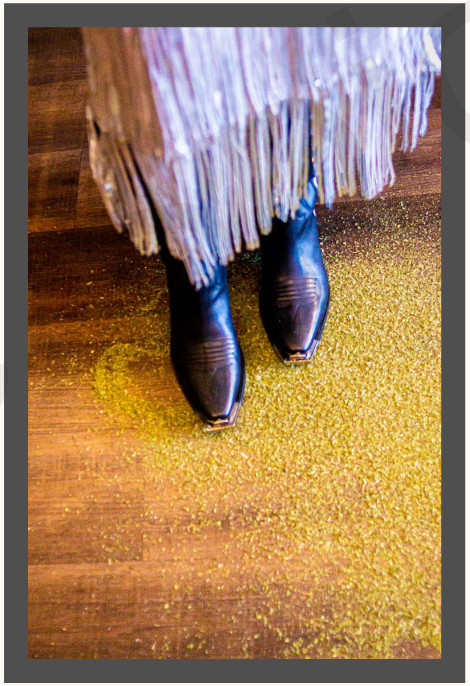
Ingredients: garlic, onion, tomato powder, chipotle powder, porcini mushroom powder, cumin, La Vera smoked sweet paprika, granulated green bell pepper and yellow mustard powder

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	192mg	8%
Total Carbohydrate	1.5g	1%
Dietary Fiber	.6g	2%
Protein	.4g	0%

Calories: 9

	Amount	% DV
Total Sugars	.2g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	8mg	1%
Iron	0mg	2%
Potassium	44mg	1%



Smoky Sweet

Savory with hints of sweetness and a slight heat, though it is not spicy.

Ingredients: smoked sweet paprika, black pepper, cumin, coriander, cloves, nutmeg, cinnamon and cardamom

Nutrition information coming soon.

Spice Suite

Southern

Our southern rub has a bit of a sweet taste in addition to the subtle heat. Perfect for roasting and sauteing but bold enough to stand up to barbecuing/grilling.

Ingredients: sea salt, sugar, brown sugar, cumin, chili powder, coarse black pepper, cayenne pepper and paprika

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	274mg	12%
Total Carbohydrate	2.1g	1%
Dietary Fiber	.4g	2%
Protein	.2g	0%

Calories: 10

	Amount	% DV
Total Sugars	1.3g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	6mg	0%
Iron	0mg	2%
Potassium	29mg	1%

Spice Suite Signature

Savory blend with a little bit of earthiness from the cumin, cardamom and coriander. You will taste a little bit of heat from the black pepper and cayenne, but this is NOT a spicy blend. It is more of a flavor enhancer than a hot element.

Ingredients: salt, garlic, onion, ground cumin, ground coriander, parsley flakes, cayenne pepper, black pepper and cardamom powder

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	426mg	19%
Total Carbohydrate	1.8g	1%
Dietary Fiber	.4g	2%
Protein	.4g	0%

Calories: 10

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	14mg	1%
Iron	0mg	3%
Potassium	34mg	1%

The Spice Suite

Back to TOC

Spicy Savory

The flavor of our Savory Seasoning is spicy hot with a decent kick, you also find hints of herbiness and citrus.

Ingredients: garlic, onion, paprika, lemon, coriander, hot cayenne, white pepper, basil, lemongrass and cilantro

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1.6mg	0%
Total Carbohydrate	2.5g	1%
Dietary Fiber	.9g	4%
Protein	.4g	1%

Calories: 12

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	16mg	1%
Iron	0mg	1%
Potassium	45mg	1%

Strawberry Sugar

The perfect finisher for waffles, french toast, cornbread, rimming glasses and more.

Ingredients: freeze dried strawberries and raw cane sugar

Nutrition information coming soon.

Spice Suite

Back to TOC

Sumac

Sumac is very faintly scented and fruity with a tart, astringent taste which is sometimes described as lemony.

Ingredients: ground sumac

Serving Size: 1tsp

Calories: 8

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	76.4mg	3%
Total Carbohydrate	1.3g	0%
Dietary Fiber	.9g	4%
Protein	.3g	0%

	Amount	% DV
Total Sugars	.2g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	7mg	1%
Iron	0mg	2%
Potassium	53mg	1%

Sweet & Savory

You get just a hint of heat from the red pepper flakes as well as the delicious but very subtle heat of both the brown and yellow mustard which also provides pungent undertones.

Ingredients: brown sugar, garlic, onion, sugar, sea salt, rosemary, red pepper flakes, paprika, brown mustard, ginger root, yellow mustard powder and ground nutmeg

Serving Size: 1tsp

Calories: 13

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	235mg	10%
Total Carbohydrate	2.8g	1%
Dietary Fiber	.4g	2%
Protein	.3g	0%

	Amount	% DV
Total Sugars	1.5g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	8mg	1%
Iron	0mg	1%
Potassium	24mg	1%

The Spice Suite

Back to TOC

Sweet Heat

This blend has a nice balance of sweet from the brown sugar with some subtle nuanced heat from the chili powder, smoked paprika and habanero.

Ingredients: brown sugar, garlic, chili powder, paprika, cumin, yellow mustard powder, black pepper, onion, sea salt and habanero powder

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrate	2.5g	1%
Dietary Fiber	.2g	1%
Protein	.2g	0%

Calories: 11

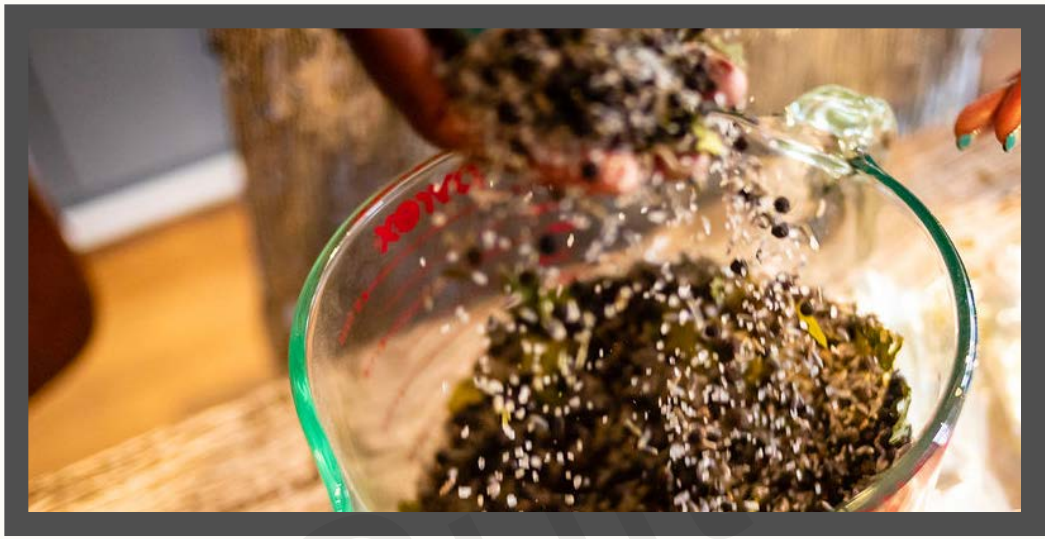
	Amount	% DV
Total Sugars	1.8g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	5mg	0%
Iron	0mg	1%
Potassium	17mg	0%

The Spice Suite

Sweet Mesquite

Sweet with mesquite and smoky notes.

Ingredients: brown sugar, paprika, smoked mesquite salt, garlic, onion, black pepper, cayenne and cloves



Nutrition information coming soon.

Serving Size: 1tsp

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1.2mg	0%
Total Carbohydrate	1.9g	1%
Dietary Fiber	1.2g	5%
Protein	.5g	1%

Calories: 10

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	0mg	1%
Potassium	37mg	1%

Tabil

You'll first notice the warm, gentle spicy nuttiness of the coriander followed by the roasted garlic flavor, then you'll pick up some mild heat in the back of your throat, and to finish it off you'll notice the biting, warm earthiness of the caraway.

Ingredients: garlic, coriander, caraway and red pepper flakes

The Spice Sup

Back to TOC

Tandoori

Tandoori spice has a very distinctive, multidimensional flavor. It is savory and garlicky, yet a little bitey because of the ginger and kashmiri chile powder.

Ingredients: paprika, cumin, coriander, sea salt, cinnamon, black pepper, sugar, ginger, superior saffron and cayenne pepper

Serving Size: 1tsp

Calories: 12

	Amount	% DV
Total Fat	0g	1%
Cholesterol	0mg	0%
Sodium	1.8mg	0%
Total Carbohydrate	2.2g	1%
Dietary Fiber	1g	4%
Protein	.5g	1%

	Amount	% DV
Total Sugars	.3g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	15mg	1%
Iron	1mg	4%
Potassium	42mg	1%

The Spice Suite

Turmeric

A complex, rich and woody aroma with citrus, floral and ginger undertones. The flavor is mildly sour and bitter, slightly pungent, warm and musky.

Ingredients: turmeric

Serving Size: 1tsp

Calories: 9

	Amount	% DV
Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	.8mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	.7g	3%
Protein	.3g	0%

	Amount	% DV
Total Sugars	.1g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	5mg	0%
Iron	2mg	9%
Potassium	61mg	1%

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Vanilla Sugar

The perfect finisher for waffles, french toast, cornbread, rimming glasses and more.

Ingredients: vanilla bean and raw cane sugar

Nutrition information coming soon.

Serving Size: 1tsp

	Amount	% DV
Total Fat	1g	1%
Cholesterol	0mg	0%
Sodium	15.2mg	1%
Total Carbohydrate	.9g	0%
Dietary Fiber	.6g	2%
Protein	.3g	0%

Calories: 9

	Amount	% DV
Total Sugars	0g	0%
Added Sugars	0g	0%
Sugar Alcohol	0g	0%
Vitamin D	0mcg	0%
Calcium	15mg	1%
Iron	0mg	2%
Potassium	22mg	0%

Za'atar

The flavor profile of our Za'atar has a complex nutty and woodsy intensity while the sumac adds an acidic lift that is a bit tart like lemon juice. You'll also pick up on the herby floral undertones.

Ingredients: sesame seeds, coriander, sumac, thyme, cumin and black pepper

The Spice Suite

We Know How To Spice It Up

The Spicesuite