

CHANA DALIYA (BROKEN CHICKPEAS)

As a rich source of vitamins, minerals and fiber, chickpeas may offer a variety of health benefits, such as improving digestion, aiding weight management and reducing the risk of several diseases. Additionally, chickpeas are high in protein and make an excellent replacement for meat in vegetarian and vegan diets.



BLACK PEPPER

- Improves Digestive Health
- Prevents Cancer
- Lowers Blood Pressure
- Promotes Weight Loss
- Relieves Cold And Cough
- Fights Infections
- Has Antioxidant Benefits
- Improves Oral Health
- Enhances Brain Health

CUMIN SEEDS

- Promotes weight loss
- Improves digestion
- Prevents constipation
- Regulates blood sugar
- Protects heart and liver
- Cures common cold
- Improves sexual capability
- Regulate menstruation cycle
- Prevents insomnia and anemia
- Good for brain



SPICES

TURMERIC POWDER

Turmeric and especially its most active compound curcumin have many scientifically-proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.



CORIANDER POWDER

Coriander has multiple health benefits. Coriander or cilantro is a wonderful source of dietary fiber, manganese, iron and magnesium as well. In addition, coriander leaves are rich in Vitamin C, Vitamin K and protein. They also contain small amounts of calcium, phosphorous, potassium, thiamin, niacin and carotene

RED CHILLI POWDER

With a high concentration of capsaicin, this flavourful spice does more than pack a punch. Here are five ways chili powders benefit you. Helps with Osteoarthritis: Chili power can act as an anti-inflammatory agent, which helps decrease swelling of sore joints and increases blood flow.



SPICES



Aside from pain relief, capsaicin has shown promise in weight loss by helping reduce calorie intake and shrinking fat tissue. Chili also offers these benefits: Helps Fight Inflammation - Capsaicin has antioxidant and anti-inflammatory properties, and it has shown potential for treating inflammatory diseases and cancer.



Possible health benefits include relieving nausea, loss of appetite, motion sickness, and pain. The root or underground stem (rhizome) of the ginger plant can be consumed fresh, powdered, dried as a spice, in oil form, or as juice. Ginger is part of the Zingiberaceae family, alongside cardamom and turmeric.



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The spices that make up chaat masala are each highly nutritious and deliver nutrients such as: Minerals: Mango powder, asafoetida, and cumin are all popular ingredients in chaat masala and are also good sources of iron and calcium.



This Punjabi Garam Masala combines the floral overtones of coriander and the earthiness of cumin with a sweet mixture of cardamom and cinnamon. This masala is toasted, and when you uncup the freshly ground spices, you will revel in its rich bouquet, which more than justifies the effort.



Today, claims for the health benefits of garlic include lower blood pressure and cholesterol, an anti-inflammatory effect, a reduced risk of cancer, and a stronger immune system.



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Asafoetida is used for breathing problems including ongoing (chronic) bronchitis, H1N1 "swine" flu, and asthma. It is also used for digestion problems including intestinal gas, upset stomach, irritable bowel syndrome (IBS), and irritable colon.

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Amchoor or aamchur, also referred to as mango powder, is a fruity spice powder made from dried unripe green mangoes and is used as a citrusy seasoning. It is produced in India, and is used to flavor foods and add the nutritional benefits of mangoes when the fresh fruit is out of season.



White pepper works best for those suffering from loss of appetite as it enhances appetite and promotes healthy gut. The spice helps to get rid of secretions from airways. It is also used to treat constipation as it supports large intestine peristalsis and accelerates metabolism. It has anti-inflammatory effect and also freshens breath.



ambhar powder is a spice blend used throughout India, especially the southern states. As the name suggests it is used to make Sambhar, a broth made with vegetables and cooked lentils flavoured with tamarind pulp and sambhar powder. It is eaten with rice or snacks like dosa, idli and vada.



Onion powder is made from dehydrated onions, giving it a concentrated flavor that pairs well with many foods. Using onion powder when cooking offers health benefits because it contains some nutrients, but in small amounts, meaning you can't rely on it to meet your daily recommended totals. Look for onion powder in the spice aisle of your supermarket and be careful not to confuse it with onion salt.