

Flavor Chart

RECIPE 1 Cup	Powdered				Ground / Granulated									Dried Herbs			
SPICE/ HERB	Garlic	Onion	Chili	Ginger	Pepper	Mustard	Paprika	Cumin	Coriander	Cayenne	Tumeric	Cardamom	Cinnamon	Parsley	Oregano	Basil	Thyme
AMERICAN	1/4 Cup	1/4 Cup			2 T + 2 tsp									1/3 Cup			
ASIAN	2 T + 2 tsp	1/2 Cup		2 T		1 T + 2 tsp								1 T + 2 tsp			
CAJUN	1/3 Cup	1/3 Cup			2 T + 2 tsp		2 tsp		1 T + 1/2 tsp	1/2 tsp							
CURRY			1 T		1 T			1/4 Cup	1/4 Cup	1 tsp	1/4 Cup	1 T + 1 tsp	1 tsp				
INDIAN	1 T			2 T	1 T	2 T	1/4 Cup	2 T	2 tsp		2 tsp	2 T	2 tsp				
ITALIAN	1/3 Cup	1/3 Cup			1 tsp									1 T + 1 tsp	1 T + 1 tsp	1 T + 1 tsp	1 T
MEXICAN	1/3 Cup	2 T + 2 tsp	1/2 Cup														
TEX-MEX	3 T	1/4 Cup	1/3 Cup		1 T		2 tsp	2 tsp	1 tsp						1 T		