

Herb and Spice Weights					
1 Teaspoon	Grams	Ounces	1 Teaspoon	Grams	Ounces
Ground Ginger	2.0	0.071	Phosphate	5.3	0.187
Ground Paprika	2.0	0.071	Garlic Salt	7.3	0.258
Ground Coriander	2.0	0.071	Salt	8.0	0.282
Ground Cumin	2.0	0.071	Kosher Salt	8.1	0.286
Ground Aniseed	2.0	0.071	Dried Tarragon	0.3	0.011
Ground Caraway	2.0	0.071	Rubbed Oregano	0.6	0.021
Ground Cardomom	2.0	0.071	Ground Sage	1.3	0.046
Ground Cinnamon	2.6	0.092	Rubbed Sage	1.3	0.046
Ground Nutmeg	2.6	0.092	Mixed Herbs	1.3	0.046
Ground Cayenne	2.6	0.092	Rosemary	1.3	0.046
Garlic Powder	2.6	0.092	Rubbed Mint	1.3	0.046
Ground Pimento	2.6	0.092	Rubbed Thyme	2.0	0.071
Ground Mace	2.6	0.092	Ground Bay	2.0	0.071
Ground Star Anise	2.6	0.092	Ground Cassia	2.0	0.071
Ground Clove	2.6	0.092	Annato Colour	2.0	0.071
Black Pepper	2.6	0.092	Ground Celery	2.0	0.071
White Pepper	3.3	0.116	Ground Fennel	2.0	0.071
Caraway Seed	3.3	0.116	Hickory Smoke Powder	2.6	0.092
Ground Turmeric	3.3	0.116	Plain Wheat flour	3.3	0.116
White Sugar	5.3	0.187	Crushed Chili	4.0	0.141

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