

Spices and Herbs

	Balance	Volumetric
Spices, parsley, dried	57	1.1
Basil, fresh	11	14.5
Spearmint, dried	8	1.2
Spices, marjoram, dried	8	1.2
Spices, tarragon, dried	8	1.1
Spearmint, fresh	6	7.6
Peppermint, fresh	5	4.8
Spices, cloves, ground	5	1.0
Thyme, fresh	4	3.3
Capers, canned	3	14.5
Spices, sage, ground	2	1.1
Spices, saffron	1	1.1
Spices, thyme, dried	1	1.2
Spices, basil, dried	0	1.4
Mustard, prepared, yellow	0	5.0
Spices, cinnamon, ground	0	1.3
Spices, poultry seasoning	0	1.1
Rosemary, fresh	0	2.5
Spices, rosemary, dried	0	1.0
Spices, garlic powder	0	1.0
Spices, oregano, dried	0	1.3
Spices, bay leaf	-1	1.1
Spices, cardamom	-1	1.1
Spices, nutmeg, ground	-1	0.6
Spices, coriander leaf, dried	-1	1.2
Spices, ginger, ground	-1	1.0
Spices, onion powder	-2	1.0
Dill weed, fresh	-2	7.7
Spices, pumpkin pie spice	-2	1.0
Spices, pepper, black	-2	1.3
Spices, dill seed	-3	1.1
Spices, turmeric, ground	-3	0.9
Spices, mustard seed, ground	-4	0.7
Horseradish, prepared	-5	6.9
Spices, fennel seed	-5	1.0
Spices, curry powder	-5	1.0
Spices, coriander seed	-6	1.1
Spices, chervil, dried	-8	1.4
Spices, cumin seed	-8	0.9
Spices, allspice, ground	-8	1.3
Spices, celery seed	-8	0.8
Spices, mace, ground	-9	0.7
Spices, caraway seed	-9	1.0
Spices, anise seed	-9	1.0
Spices, pepper, red or cayenne	-22	1.0
Spices, paprika	-24	1.2
Spices, chili powder	-25	1.2
Spices, poppy seed	-53	0.6

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect
Avg. = -2.3

very good effect
good effect
OK effect
not very good effect
bad effect
awful effect

Balance Volumetric