



Healthdor

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## Pot Pourri ♦

Pot Pourri is a mixture of dried flowers, herbs, and spices that are used to provide a pleasant scent in a room. It can be used for decoration or as a natural air freshener. The ingredients are carefully selected to create a harmonious blend of fragrances. Pot Pourri has been used for centuries and is a popular choice for creating a relaxing and inviting atmosphere in homes.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 20

**Serving Size:** 10 g

### Ingredients

50 g	dried rose petals
50 g	dried lavender buds
50 g	dried citrus peels
25 g	Cinnamon Sticks

10 g whole cloves

## Directions

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### Step 1

Combine all the dried flowers, herbs, and spices in a bowl.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mix well to ensure the ingredients are evenly distributed.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

Transfer the mixture to a decorative container or sachet bag.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 100 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Cuisines

Italian Chinese

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Difficulty Level

Easy

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