



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

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mix well to ensure the ingredients are evenly distributed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Transfer the mixture to a decorative container or sachet bag.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

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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