

Rcvd 16 Jan 2008

## Gluten Free Spice List

Spices are inherently gluten free. The items listed are safe for those who avoid gluten in their diet, because they contain only spices or non-gluten products.

### Tone's/Durkee/Spice Islands

All Liquid Extracts  
All Liquid Flavorings  
All Food Coloring  
Allspice  
Alum  
Anise Seed  
Apple Pie Spice  
Arrowroot  
Baking Powder  
Baking Soda  
Basil  
Bay Leaves  
Buttermilk Ranch Dressing  
Caraway Seed  
Cardamom  
Celery Flakes  
Celery Seed  
Chicken & Rib Rub  
Chicken Seasoning  
Chili Powder  
Chives  
Cilantro  
Cinnamon  
Cloves  
Coriander  
Cream of Tartar  
Cumin  
Curry Powder  
Dill Seed/Weed  
Fennel  
Garlic Pepper  
Garlic Powder  
Garlic Minced  
Garlic Salt  
Ginger  
Hickory Smoke Salt  
Italian Seasoning  
Jamaican Jerk Seasoning  
Lemon & Herb  
Lemon Garlic Seas.  
Lemon Pepper  
Lime Pepper  
Seasoned Pepper  
Mace  
Marjoram  
Meat Tenderizer  
Mint Leaves  
MSG  
Mustard  
Nutmeg  
Onion, Minced  
Onion Powder

Onion Salt  
Orange Peel  
Oregano  
Oriental 5-Spice  
Paprika  
Parsley  
Pepper, Black/White – all  
Pepper, Green Bell  
Cayenne Pepper  
Crushed Red Pepper  
Pickling Spice  
Poppy Seed  
Poultry Seasoning  
Pumpkin Pie Spice  
Rosemary  
Rosemary Garlic Seas.  
Sage  
Sesame Seed  
Six Pepper Blend  
Smokey Mesquite Seas.  
Steak Seasoning  
Tarragon  
Thyme  
Turmeric  
Salt Free Garden Seas.  
Salt Free Lemon Pepper  
Salt Free Original All-Purpose Seasoning  
Salt Free Garlic & Herb  
Salt Free Veg. Seasoning  
Crazy Dave's Lemon Pepper  
Crazy Dave's Pepper & Spice  
Crazy Dave's Salt & Spice  
Mr. Pepper  
Pizza Seasoning  
Spaghetti/Pasta Seasoning  
Spicy Spaghetti Seasoning

### Durkee California Style Blends

Garlic Powder  
Garlic Salt  
Onion Powder  
Onion Salt

### Spice Islands Specialty

Beau Monde  
Chili Powder  
Fines Herbs  
Crystallized Ginger  
Italian Herb Seasoning  
Garlic Pepper Seasoning  
Saffron

Old Hickory Smoked Salt  
Summer Savory  
Vanilla Bean

### Spice Islands Salt-Free

All are gluten free

### Spice Islands Grilling Gourmet & World Flavors

All are gluten free



### ACH Food, Inc. Items which are also Gluten Free

All Karo Syrups  
Golden Griddle, Old Tyme, Beehive, Crown, Lily White and Old Colony

All Mazola Oils and Sprays

Argo Corn Starch  
Kingsford, Benson's and Canada Corn Starch

All Fleischmann's Yeasts

All Henri's Salad Dressings

