

Spice Name	Ours	Score	Real Simple	Spices, Inc	Pioneer Woman	Bon Appetit	MyDomaine	VegKitchen	PerfectPantry	SpiceAdvice	AOL	SmallHomes																				
9 Cayenne pepper	X	9	X	9	X	9	X	9	X	9	X	9																				
10 Cinnamon	X	10	X	10	X	10	X	10	X	10	X	10																				
10 Cloves	X	10	X	10	X	10	X	10	X	10	X	10																				
10 Cumin powder	X	10	X	10	X	10	X	10	X	10	X	10																				
9 Curry powder	X	9	X	9	X	9	X	9	X	9	X	9																				
9 Ginger		0	X	9	X	9	X	9	X	9	X	9																				
10 Nutmeg	X	10	X	10	X	10	X	10	X	10	X	10																				
10 Oregano	X	10	X	10	X	10	X	10	X	10	X	10																				
9 Paprika	X	9	X	9	X	9	X	9	X	9	X	9																				
10 Thyme	X	10	X	10	X	10	X	10	X	10	X	10																				
TIER Two - Spices Appearing in 60% to 80% of Articles																																
8 Allspice		0		0	X	8		0	X	8	X	8																				
7 Basil	X	7		0	X	7	X	7	X	7	X	7																				
7 Bay leaves	X	7	X	7	X	7		0	X	7	X	7																				
7 Black peppercorns	X	7	X	7		0	X	7	X	7	X	7																				
8 Chili powder	X	8	X	8	X	8		0	X	8	X	8																				
8 Crushed red pepper	X	8	X	8	X	8		0	X	8	X	8																				
8 Garlic powder		0		0	X	8	X	8	X	8	X	8																				
6 Mustard seed	X	6		0	X	6	X	6		0	X	6																				
6 Onion powder		0		0	X	6	X	6	X	6	X	6																				
8 Rosemary	X	8	X	8	X	8	X	8	X	8	X	8																				
6 Vanilla extract	X	6	X	6		0	X	6	X	6	X	6																				
TIER Three - Spices Appearing in 40% to 50% of Articles																																
5 Cardamom		0		0	X	5	X	5		0	X	5																				
4 Cream of tartar		0	X	4		0		0		0	X	4																				
5 Dill weed	X	5		0		0	X	5	X	5	X	5																				
5 Fennel	X	5		0		0	X	5	X	5	X	5																				
5 Kosher salt	X	5	X	5		0		0	X	5	X	5																				
5 Sage		0		0		0	X	5	X	5	X	5																				
4 Sesame seeds	X	4	X	4		0		0	X	4	X	4																				
4 Tarragon		0		0		0	X	4	X	4	X	4																				
TIER Four - Spices Appearing in 10% to 30% of Articles																																
1 Aleppo hot pepper	X	1		0		0	X	3		0	X	3																				
1 Cajun Seasoning		0		0	X	3		0		0	X	3																				
3 Celery seeds	X	3		0	X	3		0		0	X	3																				
3 Chinese Five Spice		0		0		0		0	X	3	X	3																				
3 Coriander Powder	X	3		0	X	3		0		0	X	3																				
2 Cumin seeds	X	2		0		0		0		0	X	2																				
2 Fenugreek	X	2		0		0		0		0	X	2																				
1 Marjoram	X	1		0		0		0		0	X	2																				
1 Mint	X	1		0		0		0		0	X	1																				
2 Poppy seeds	X	2		0	X	1		0		0		0																				
3 Saffron		0		0		0		0		0	X	1																				
3 Turmeric	X	3		0		0		0		0	X	1																				
		181			153			177			154			186			178			205			192			172			128			188

Source: [Healthy Urban Cooking](#)

[Great Wikihow Article](#)

[McCormick Starter Spice Set](#)