

Gluten Free Spices

Spices, herbs, seasoning blends, and extracts can all be celiac safe options to enhance flavor in recipes that are quick, easy, and affordable. Keeping a few basics stocked in your home to use in your favorite recipes is a great place to start. Here are our top 10 favorite gluten-free spices to have on hand year-round.

OUR FAVORITE GLUTEN-FREE SPICES

- Salt
- Pepper
- Garlic Powder
- Onion Powder
- Basil
- Italian Seasoning
- Chili Powder
- Thyme
- Pumpkin Pie Spice
- Cinnamon

Gluten-Free Spice Information

- While naturally gluten-free, spices can be contaminated with gluten-based on other products within the manufacturing facilities. Major spice brands now include statements on the gluten content and potential for cross-contamination of their products to help consumers find the safest option.
- Regardless of the brand, when selecting a spice, herb, extract, or seasoning blend, it is important to read the labels each time before purchasing and if needed check with the company directly for the most up-to-date ingredient, nutritional, and allergen information.
- Choose spices and seasoning blends from companies that avoid gluten-containing ingredients. Choose brands that are willing to make a statement about their gluten-free status. Check their website and call customer service to verify.

Frequently Asked Questions

How do I know if a spice is gluten-free?

Manufacturers can place a gluten-free claim on their packaged food products as a way to help consumers select a celiac safe product. According to the [FDA rule](#), products must contain less than 20 parts per million (ppm) of gluten in order to carry this claim. Look for the certified gluten-free label on the product and refer to the product's ingredient label to identify if a spice is gluten-free.

What ingredients should I look for in spices?

There could be potential sources of gluten in spices, especially seasoning blends. Though rare, spices can be mixed with wheat flour or wheat starch to reduce cost. Modified starch/modified food starch and wheat flour/wheat starch, wheat crumbs, or hydrolyzed wheat protein are red flag words to keep a close eye on..

Why is modified food starch listed as an ingredient?

It is added to seasoning blends as a thickener or stabilizer that can be sourced from corn, tapioca, potato, or wheat. Products should identify the source of the starch on the label, which is an excellent way to determine if a seasoning blend with food starch listed as an ingredient is safe to consume.

Are spices in bulk bins gluten-free?

We recommend avoiding spices in bulk bins due to the potential for cross-contamination. Purchasing packaged spices in bulk is a cost-friendly option; however, steer away from the bulk bins.