



All That Jazz Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



24 kcal

SEASONING

MARINADE

Ingredients

- 1 tablespoon pepper black
- 1.5 teaspoons celery seeds
- 1.5 teaspoons chili powder
- 0.3 cup garlic powder
- 0.5 teaspoon ground nutmeg
- 1 tablespoon ground pepper red
- 1 teaspoon lemon pepper
- 0.3 cup onion powder

2 tablespoons paprika

1 teaspoon salt

Equipment

Directions

Combine all ingredients.

Nutrition Facts



PROTEIN 15.2% **FAT 10.41%** **CARBS 74.39%**

Properties

Glycemic Index:11.63, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:2.6852174349453%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg

Nutrients (% of daily need)

Calories: 24.41kcal (1.22%), Fat: 0.32g (0.5%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.01g (1.46%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 152.99mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin A: 619.49IU (12.39%), Manganese: 0.16mg (8.1%), Vitamin B6: 0.11mg (5.35%), Fiber: 1.21g (4.84%), Iron: 0.65mg (3.63%), Vitamin E: 0.46mg (3.04%), Potassium: 100.45mg (2.87%), Phosphorus: 27.01mg (2.7%), Copper: 0.05mg (2.45%), Magnesium: 8.9mg (2.22%), Vitamin B1: 0.03mg (1.98%), Vitamin K: 2.06µg (1.96%), Selenium: 1.3µg (1.86%), Calcium: 18.34mg (1.83%), Zinc: 0.25mg (1.7%), Vitamin B2: 0.02mg (1.38%)