

Best-Ever Cajun Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



22 kcal

SEASONING

MARINADE

Ingredients

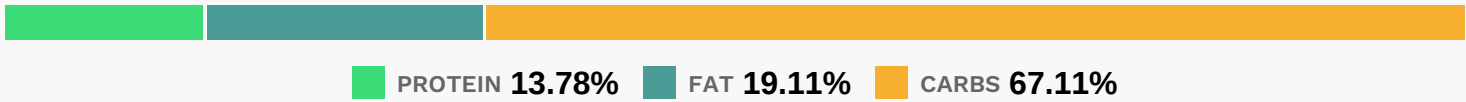
- ☐ 1 tablespoon pepper black
- ☐ 1 teaspoon thyme dried
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground pepper red
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons paprika
- ☐ 1 tablespoon salt

Equipment

Directions

☐ Combine all ingredients. Store in an airtight container for up to 6 weeks.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:4.9578260805296%

Nutrients (% of daily need)

Calories: 21.76kcal (1.09%), Fat: 0.59g (0.9%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 1399.19mg (60.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin A: 1732.96IU (34.66%), Manganese: 0.28mg (13.75%), Vitamin K: 10.81µg (10.29%), Fiber: 1.97g (7.89%), Vitamin E: 1.16mg (7.76%), Iron: 1.28mg (7.09%), Vitamin B6: 0.11mg (5.7%), Potassium: 125.05mg (3.57%), Magnesium: 11.64mg (2.91%), Vitamin B2: 0.05mg (2.89%), Calcium: 27.96mg (2.8%), Copper: 0.06mg (2.77%), Phosphorus: 21.57mg (2.16%), Vitamin B3: 0.41mg (2.03%), Zinc: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.58%), Folate: 5µg (1.25%), Vitamin C: 0.95mg (1.15%), Vitamin B5: 0.11mg (1.06%), Selenium: 0.74µg (1.05%)