



Blackened Seasoning Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



28 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon ground thyme dried
- ☐ 1 tablespoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 tablespoons paprika

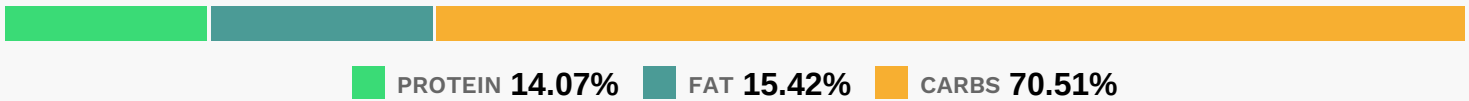
Equipment

☐ bowl

Directions

☐ Combine the paprika, garlic powder, onion powder, thyme, black pepper, cayenne pepper, basil, and oregano in a bowl until evenly mixed. Store in an airtight container in a cool, dry place.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:6.2508696576823%

Nutrients (% of daily need)

Calories: 27.5kcal (1.38%), Fat: 0.58g (0.89%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 5.38mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin A: 1552.07IU (31.04%), Vitamin K: 27.95µg (26.62%), Manganese: 0.29mg (14.3%), Iron: 2.47mg (13.71%), Fiber: 2.3g (9.21%), Vitamin E: 1.13mg (7.53%), Vitamin B6: 0.13mg (6.48%), Calcium: 49.75mg (4.98%), Potassium: 138.68mg (3.96%), Magnesium: 15.13mg (3.78%), Copper: 0.07mg (3.26%), Vitamin B2: 0.05mg (3.04%), Phosphorus: 27.85mg (2.78%), Zinc: 0.36mg (2.37%), Vitamin B1: 0.03mg (2.25%), Folate: 8.66µg (2.17%), Vitamin B3: 0.42mg (2.1%), Vitamin C: 1.35mg (1.64%), Selenium: 1.04µg (1.48%), Vitamin B5: 0.11mg (1.07%)