



## Blackening Spice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



70 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons basil dried
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1.5 teaspoons garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons ground pepper red
- ☐ 0.3 cup old bay seasoning
- ☐ 1.5 teaspoons onion powder

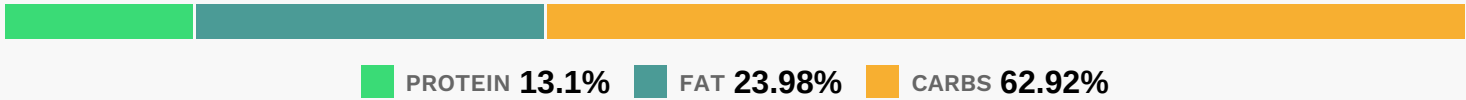
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup paprika

## Equipment

## Directions

- ☐ Stir together all ingredients. Store in an airtight container up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:31.33, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:18.104782664258%

## Nutrients (% of daily need)

Calories: 69.54kcal (3.48%), Fat: 2.38g (3.66%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 8.15g (2.96%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 11.86mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin A: 6019.18IU (120.38%), Vitamin K: 80.86µg (77.01%), Manganese: 0.83mg (41.46%), Iron: 6.03mg (33.52%), Vitamin E: 3.99mg (26.61%), Fiber: 5.91g (23.65%), Vitamin B6: 0.41mg (20.28%), Calcium: 129.87mg (12.99%), Magnesium: 45.58mg (11.4%), Potassium: 380.19mg (10.86%), Vitamin B2: 0.17mg (10.02%), Copper: 0.17mg (8.41%), Vitamin B3: 1.5mg (7.49%), Phosphorus: 63.48mg (6.35%), Zinc: 0.85mg (5.69%), Folate: 22.72µg (5.68%), Vitamin B1: 0.07mg (4.95%), Vitamin C: 3.88mg (4.71%), Selenium: 1.9µg (2.71%), Vitamin B5: 0.26mg (2.62%)