



Cajun-Creole Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



12 kcal

SEASONING

MARINADE

Ingredients



0.5 teaspoon pepper black



0.5 teaspoon garlic powder



0.8 teaspoon ground pepper red



1 tablespoon salt

Equipment



bowl

Directions

☐ Combine all ingredients in a bowl; stir well.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:2.1726087124451%

Nutrients (% of daily need)

Calories: 12.24kcal (0.61%), Fat: 0.3g (0.47%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 6977.99mg (303.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin A: 629.62IU (12.59%), Manganese: 0.19mg (9.51%), Vitamin B6: 0.06mg (3.22%), Fiber: 0.8g (3.18%), Vitamin E: 0.47mg (3.12%), Vitamin K: 2.85µg (2.71%), Iron: 0.36mg (1.99%), Potassium: 62.83mg (1.8%), Copper: 0.03mg (1.61%), Vitamin C: 1.16mg (1.41%), Magnesium: 5.32mg (1.33%), Phosphorus: 12.19mg (1.22%), Calcium: 12.15mg (1.22%), Vitamin B2: 0.02mg (1.04%)