

# Cajun Seasoning Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



92 kcal

SEASONING

MARINADE

## Ingredients

- 3 pounds baking potatoes
- 1 teaspoons ground pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon pepper
- 0.5 teaspoon hot sauce hot
- 2 tablespoon salt

3 tablespoons vegetable oil

1 teaspoon pepper white

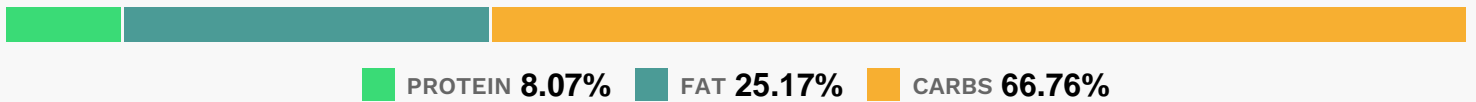
## Equipment

bowl

## Directions

In a bowl, combine the first seven ingredients. Store in an airtight container in a cool dry place for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:10.55, Glycemic Load:12.12, Inflammation Score:-2, Nutrition Score:4.1673912742864%

## Nutrients (% of daily need)

Calories: 92.22kcal (4.61%), Fat: 2.67g (4.1%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 14.63g (5.32%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 879.97mg (38.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin B6: 0.3mg (15.19%), Potassium: 365.6mg (10.45%), Manganese: 0.17mg (8.26%), Vitamin K: 6.63µg (6.32%), Vitamin C: 5.1mg (6.18%), Magnesium: 20.61mg (5.15%), Fiber: 1.28g (5.14%), Phosphorus: 49.15mg (4.91%), Vitamin B1: 0.07mg (4.81%), Copper: 0.09mg (4.71%), Iron: 0.82mg (4.56%), Vitamin B3: 0.91mg (4.54%), Folate: 12.31µg (3.08%), Vitamin B5: 0.26mg (2.63%), Vitamin A: 115.32IU (2.31%), Vitamin E: 0.29mg (1.96%), Vitamin B2: 0.03mg (1.86%), Zinc: 0.27mg (1.81%), Calcium: 13.59mg (1.36%)