



Cajun Spice Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



5 min.

SERVINGS



4

CALORIES



16 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon cayenne pepper
- 1.3 teaspoons thyme leaves dried
- 2 teaspoons garlic powder
- 1 teaspoon ground pepper black
- 1 teaspoon onion powder
- 1.3 teaspoons oregano dried
- 2.5 teaspoons paprika
- 2 teaspoons salt

Equipment

Directions

- Stir together salt, garlic powder, paprika, black pepper, onion powder, cayenne pepper, oregano, thyme, and red pepper flakes until evenly blended. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:3.2560869222102%

Nutrients (% of daily need)

Calories: 15.56kcal (0.78%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.1g (0.77%), Sugar: 0.28g (0.32%), Cholesterol: 0mg (0%), Sodium: 1165.43mg (50.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin A: 848.97IU (16.98%), Vitamin K: 11.49µg (10.95%), Manganese: 0.17mg (8.68%), Iron: 1.08mg (6.01%), Fiber: 1.29g (5.16%), Vitamin E: 0.67mg (4.45%), Vitamin B6: 0.08mg (3.86%), Calcium: 25.53mg (2.55%), Potassium: 78.69mg (2.25%), Magnesium: 7.97mg (1.99%), Copper: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.64%), Phosphorus: 15.55mg (1.56%), Vitamin B1: 0.02mg (1.19%), Zinc: 0.18mg (1.18%), Vitamin B3: 0.23mg (1.16%), Folate: 4.59µg (1.15%)