

Cajun Spice Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



19 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 2 tablespoons thyme leaves dried
- ☐ 2 tablespoons garlic powder
- ☐ 2 tablespoons ground pepper red
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons onion powder
- ☐ 2 tablespoons oregano dried
- ☐ 3 tablespoons paprika

1 tablespoon sugar

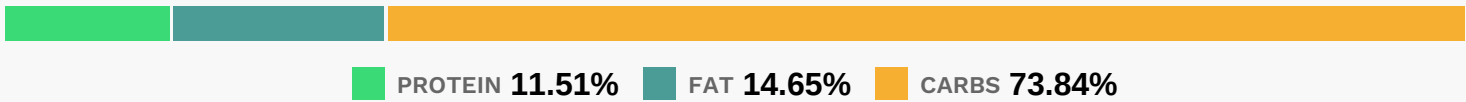
Equipment

bowl

Directions

Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:3.6147826028907%

Nutrients (% of daily need)

Calories: 18.85kcal (0.94%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.07g (1.19%), Cholesterol: 0mg (0%), Sodium: 438.86mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin A: 938.2IU (18.76%), Vitamin K: 14.67µg (13.97%), Manganese: 0.17mg (8.7%), Iron: 1.31mg (7.25%), Fiber: 1.4g (5.59%), Vitamin E: 0.73mg (4.89%), Vitamin B6: 0.08mg (3.83%), Calcium: 29.45mg (2.95%), Potassium: 80.1mg (2.29%), Magnesium: 8.48mg (2.12%), Copper: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.77%), Phosphorus: 15.43mg (1.54%), Folate: 5.25µg (1.31%), Vitamin B3: 0.26mg (1.28%), Zinc: 0.19mg (1.27%), Vitamin B1: 0.02mg (1.25%), Vitamin C: 0.97mg (1.18%)