

Cajun Spice Seasoning Mix in a Jar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



67 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons garlic powder
- ☐ 0.3 cup ground pepper
- ☐ 2 tablespoons ground pepper black
- ☐ 2 tablespoons ground pepper white
- ☐ 2 tablespoons onion powder
- ☐ 2 tablespoons paprika
- ☐ 0.8 cup salt

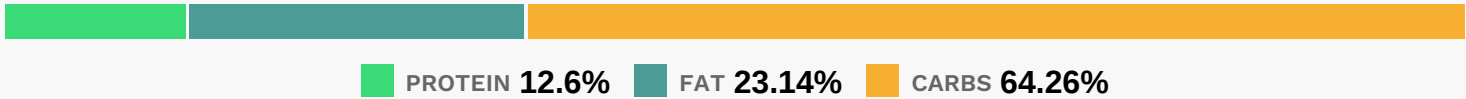
Equipment

canning jar

Directions

While holding a pint canning jar at an angle, add ingredients to create a "sand art" look. The salt and cayenne may be divided into smaller portions and used to separate other spices. I found it simplest to use 7 cups--one with each spice in it--and add them to my jar with a spoon, as I want to create the special look.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.33, Inflammation Score:-10, Nutrition Score:12.959130473759%

Nutrients (% of daily need)

Calories: 66.64kcal (3.33%), Fat: 2.16g (3.33%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 8.3g (3.02%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 14155.03mg (615.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin A: 5262.04IU (105.24%), Manganese: 0.68mg (34.13%), Vitamin E: 3.66mg (24.43%), Fiber: 5.21g (20.83%), Vitamin B6: 0.36mg (18.02%), Vitamin K: 13.17µg (12.54%), Iron: 2.15mg (11.96%), Vitamin C: 8.62mg (10.45%), Potassium: 337.74mg (9.65%), Vitamin B2: 0.13mg (7.73%), Magnesium: 29.71mg (7.43%), Copper: 0.14mg (7.01%), Phosphorus: 62.03mg (6.2%), Vitamin B3: 1.15mg (5.74%), Calcium: 54.8mg (5.48%), Vitamin B1: 0.06mg (4.33%), Zinc: 0.61mg (4.04%), Folate: 14.91µg (3.73%), Selenium: 2.19µg (3.13%), Vitamin B5: 0.12mg (1.23%)