



Caribbean Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



13 kcal

SEASONING

MARINADE

Ingredients

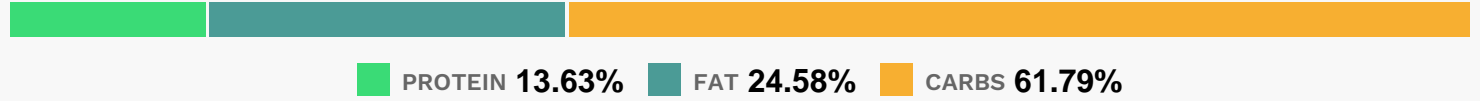
- 1 teaspoon basil dried
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon ground pepper black
- 1 teaspoon ground pepper white
- 2 teaspoons ground pepper red
- 2 teaspoons paprika
- 2 teaspoons salt

Equipment

Directions

Stir together all ingredients. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:3.6891303878763%

Nutrients (% of daily need)

Calories: 12.88kcal (0.64%), Fat: 0.46g (0.71%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 1552.14mg (67.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin A: 1223.98IU (24.48%), Vitamin K: 11.81µg (11.24%), Manganese: 0.21mg (10.57%), Iron: 1.06mg (5.91%), Vitamin E: 0.84mg (5.61%), Fiber: 1.36g (5.43%), Vitamin B6: 0.07mg (3.46%), Magnesium: 8.92mg (2.23%), Potassium: 77.04mg (2.2%), Calcium: 21.32mg (2.13%), Vitamin B2: 0.04mg (2.08%), Copper: 0.04mg (1.95%), Vitamin C: 1.26mg (1.52%), Vitamin B3: 0.28mg (1.42%), Phosphorus: 11.57mg (1.16%)