



Cayenne Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon ground pepper
- 1 cup kosher salt

Equipment

- bowl

Directions

- Combine ingredients in a small bowl and mix thoroughly.

Nutrition Facts



■ PROTEIN 11.17% ■ FAT 36.15% ■ CARBS 52.68%

Properties

Glycemic Index:8, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.69260869563922%

Nutrients (% of daily need)

Calories: 1.19kcal (0.06%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 28293.45mg (1230.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Manganese: 0.08mg (4.03%), Vitamin A: 156.04IU (3.12%), Calcium: 18.08mg (1.81%), Iron: 0.27mg (1.5%), Copper: 0.02mg (1.16%)