



Chicken Seasoning Blend

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



12 kcal

SEASONING

MARINADE

Ingredients

- 0.1 teaspoon cayenne pepper
- 0.3 teaspoon celery seed
- 0.1 teaspoon chicken soup base
- 1 teaspoon basil dried
- 0.3 teaspoon parsley dried
- 1 teaspoon rosemary dried crushed
- 0.5 teaspoon garlic powder
- 0.1 teaspoon ground cumin

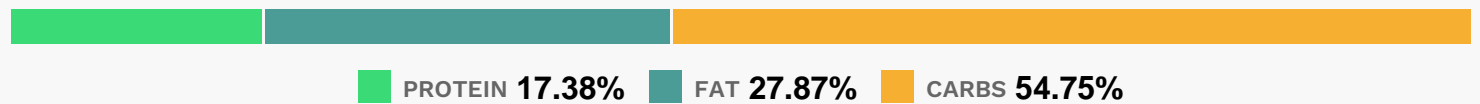
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon ground thyme dried
- 0.5 teaspoon ground mustard dry
- 0.5 teaspoon paprika
- 1.5 teaspoons sea salt

Equipment

Directions

- Mix the salt, basil, rosemary, garlic powder, mustard, paprika, black pepper, thyme, celery seed, parsley, cumin, cayenne pepper, and chicken bouillon together until blended.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:2.693913039063%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

Nutrients (% of daily need)

Calories: 11.92kcal (0.6%), Fat: 0.44g (0.68%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.16g (0.18%), Cholesterol: 0.02mg (0.01%), Sodium: 1776.16mg (77.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Vitamin K: 14.39µg (13.7%), Manganese: 0.19mg (9.62%), Iron: 1.24mg (6.88%), Vitamin A: 317.92IU (6.36%), Fiber: 0.81g (3.25%), Calcium: 29.07mg (2.91%), Magnesium: 10.3mg (2.58%), Vitamin B6: 0.04mg (2.08%), Selenium: 1.39µg (1.99%), Vitamin E: 0.3mg (1.99%), Copper: 0.04mg (1.84%), Potassium: 55.68mg (1.59%), Phosphorus: 14.13mg (1.41%), Vitamin B2: 0.02mg (1.16%), Zinc: 0.16mg (1.1%), Folate: 4.11µg (1.03%)