



Crawfish Spice Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



127 kcal

SEASONING

MARINADE

Ingredients

- 20 bay leaves crushed
- 0.3 cup celery seeds
- 0.8 cup coriander seeds
- 0.3 cup dill seeds
- 0.3 cup marjoram dried
- 1 tablespoon ground pepper red
- 0.5 cup kosher salt
- 0.8 cup mustard seeds

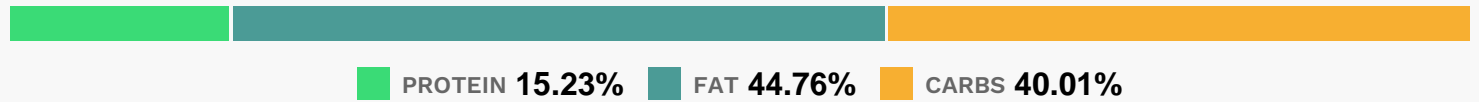
- 2 tablespoons sugar
- 1 tablespoon allspice whole

Equipment

Directions

- Stir together all ingredients, and store in an airtight container up to 2 months.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:1.78, Inflammation Score:-6, Nutrition Score:12.597391346227%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 20.97mg, Luteolin: 20.97mg, Luteolin: 20.97mg, Luteolin: 20.97mg

Nutrients (% of daily need)

Calories: 126.53kcal (6.33%), Fat: 7.46g (11.48%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 15g (5%), Net Carbohydrates: 8.76g (3.19%), Sugar: 3.36g (3.73%), Cholesterol: 0mg (0%), Sodium: 5669.27mg (246.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Manganese: 0.84mg (41.98%), Selenium: 29.28µg (41.83%), Iron: 5.12mg (28.42%), Fiber: 6.24g (24.98%), Magnesium: 98.56mg (24.64%), Calcium: 238.21mg (23.82%), Phosphorus: 166.01mg (16.6%), Copper: 0.24mg (12.15%), Zinc: 1.62mg (10.8%), Vitamin B1: 0.16mg (10.35%), Potassium: 308.31mg (8.81%), Folate: 24.44µg (6.11%), Vitamin C: 4.96mg (6.01%), Vitamin B6: 0.11mg (5.74%), Vitamin A: 285.16IU (5.7%), Vitamin E: 0.84mg (5.57%), Vitamin B3: 1.08mg (5.38%), Vitamin B2: 0.08mg (4.93%), Vitamin K: 5.13µg (4.89%), Vitamin B5: 0.1mg (1.03%)