



Dragon Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- 1 tablespoon celery seeds
- 1 tablespoon basil dried
- 0.3 cup dillweed dried
- 0.3 cup ground pepper red
- 0.3 cup coarsely ground pepper black
- 2 tablespoons paprika
- 0.3 cup sea salt coarse-grain

Equipment

Directions

Combine all ingredients. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:23.119565165561%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg

Nutrients (% of daily need)

Calories: 101.33kcal (5.07%), Fat: 3.14g (4.83%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 12.95g (4.71%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 6317.19mg (274.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Manganese: 2.46mg (122.85%), Vitamin A: 5905.16IU (118.1%), Iron: 8.45mg (46.93%), Vitamin K: 42.74µg (40.7%), Fiber: 8.53g (34.12%), Calcium: 290.52mg (29.05%), Vitamin B6: 0.52mg (25.81%), Vitamin E: 3.84mg (25.59%), Magnesium: 95.37mg (23.84%), Potassium: 785.35mg (22.44%), Copper: 0.31mg (15.45%), Vitamin C: 12.66mg (15.34%), Phosphorus: 117.8mg (11.78%), Vitamin B2: 0.18mg (10.7%), Vitamin B3: 1.58mg (7.91%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.96mg (6.4%), Folate: 15.99µg (4%), Selenium: 1.82µg (2.59%), Vitamin B5: 0.25mg (2.48%)