



## Dry Ranch Style Seasoning for Dip or Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



1

CALORIES



11 kcal

SEASONING

MARINADE

### Ingredients

- 1 teaspoon parsley dried
- 0.1 teaspoon thyme leaves dried
- 0.5 teaspoon garlic powder
- 0.8 teaspoon ground pepper black
- 0.3 teaspoon onion powder
- 1 teaspoon lawry's seasoned salt

### Equipment

- bowl

## Directions

In a small bowl, stir together the parsley, pepper, seasoned salt, garlic powder, onion powder and thyme. Use as a substitute for Ranch Dressing

Mix.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.567391300331%

## Flavonoids

Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg

## Nutrients (% of daily need)

Calories: 11.07kcal (0.55%), Fat: 0.08g (0.12%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.91g (0.7%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 2327.57mg (101.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Manganese: 0.24mg (11.91%), Vitamin K: 5.98µg (5.7%), Fiber: 0.66g (2.65%), Iron: 0.45mg (2.48%), Copper: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.72%), Calcium: 14.69mg (1.47%), Potassium: 46.94mg (1.34%), Magnesium: 5.02mg (1.25%), Phosphorus: 10.88mg (1.09%)