



## Emeril's Essence

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

## Ingredients

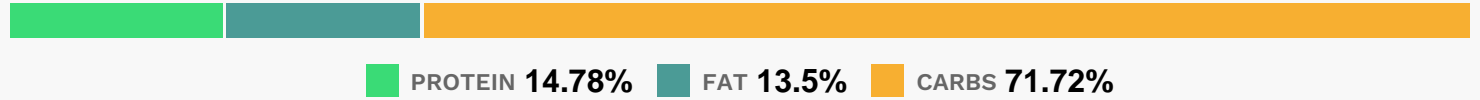
- 2 tablespoons pepper black freshly ground
- 2 tablespoons thyme dried
- 0.3 cup garlic powder
- 2 tablespoons ground pepper red
- 2 tablespoons onion powder
- 2 tablespoons oregano dried
- 0.3 cup salt
- 5 tablespoons paprika sweet

# Equipment

## Directions

Stir together all ingredients. Store in an airtight container up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:20.250000082928%

## Nutrients (% of daily need)

Calories: 113.18kcal (5.66%), Fat: 2.06g (3.17%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 16.43g (5.97%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 7093.79mg (308.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 5484.91IU (109.7%), Vitamin K: 63.98µg (60.93%), Manganese: 1.06mg (53.12%), Iron: 6.76mg (37.56%), Fiber: 8.16g (32.63%), Vitamin B6: 0.56mg (28.21%), Vitamin E: 4.04mg (26.92%), Potassium: 549.84mg (15.71%), Calcium: 144.25mg (14.43%), Magnesium: 51.18mg (12.79%), Copper: 0.25mg (12.48%), Phosphorus: 119.75mg (11.97%), Vitamin B2: 0.18mg (10.64%), Vitamin B1: 0.14mg (9.02%), Zinc: 1.27mg (8.46%), Selenium: 5.18µg (7.39%), Vitamin B3: 1.48mg (7.38%), Folate: 28.04µg (7.01%), Vitamin C: 4.04mg (4.9%), Vitamin B5: 0.42mg (4.2%)