



## Gourmet Seasoning Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



11 kcal

SEASONING

MARINADE

### Ingredients

- 0.5 teaspoon celery seeds
- 1 teaspoon curry powder
- 0.3 teaspoon dillweed dried
- 1 teaspoon marjoram dried
- 1 teaspoon thyme leaves dried
- 2 teaspoons mustard dry
- 1 teaspoon garlic powder
- 0.5 teaspoon onion powder

1.5 teaspoons oregano dried

1 cup salt

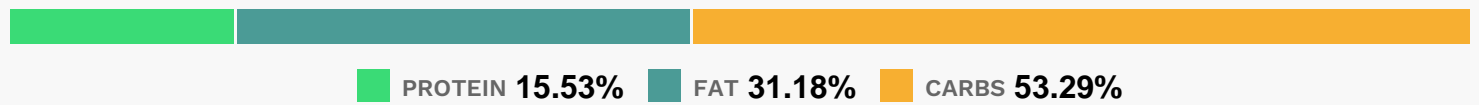
## Equipment

## Directions

Combine all ingredients, stirring until well blended. Store in an airtight container.

Sprinkle on meat, vegetables, and salads.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:2.0039130254932%

## Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg

## Nutrients (% of daily need)

Calories: 11.14kcal (0.56%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 22636.19mg (984.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.17mg (8.37%), Vitamin K: 7.74µg (7.37%), Iron: 1.03mg (5.7%), Calcium: 37.48mg (3.75%), Selenium: 2.02µg (2.89%), Fiber: 0.68g (2.73%), Magnesium: 8.48mg (2.12%), Copper: 0.04mg (1.95%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.47%), Phosphorus: 13.86mg (1.39%), Zinc: 0.19mg (1.29%), Potassium: 39.82mg (1.14%), Folate: 4.37µg (1.09%)