



Great Steak Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



8 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon dill seed
- ☐ 1 tablespoon sea salt
- ☐ 1 tablespoon ground coriander
- ☐ 2 tablespoons coarse-ground pepper black
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons paprika
- ☐ 1 tablespoon pepper flakes red

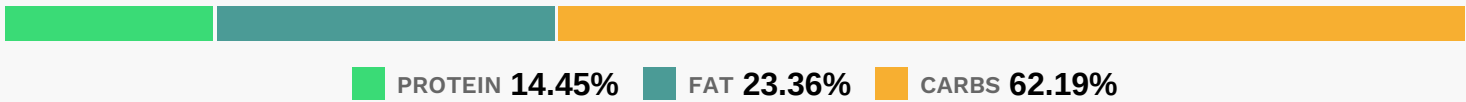
Equipment

☐ mortar and pestle

Directions

☐ Grind black pepper, paprika, kosher salt, granulated garlic, dill seed, coriander seed, and red pepper flakes together with a mortar and pestle or in a spice grinder. Store in a sealed glass container.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:1.5508695776048%

Nutrients (% of daily need)

Calories: 7.68kcal (0.38%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 356.37mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin A: 466.83IU (9.34%), Manganese: 0.11mg (5.5%), Fiber: 0.75g (2.98%), Vitamin E: 0.37mg (2.43%), Iron: 0.4mg (2.2%), Vitamin K: 1.97µg (1.87%), Vitamin B6: 0.03mg (1.63%), Calcium: 12.89mg (1.29%), Potassium: 43.66mg (1.25%), Copper: 0.02mg (1.22%), Magnesium: 4.85mg (1.21%)