



HEALTH SCORE

100%

Herb Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**1**

CALORIES

**136 kcal**

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon marjoram dried
- ☐ 1 tablespoon parsley flakes dried
- ☐ 1 tablespoon savory dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon mace

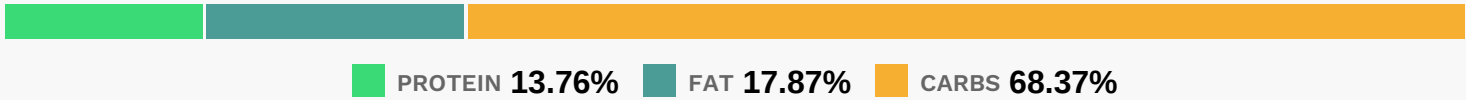
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon ground sage
- ☐ 1 tablespoon onion powder

Equipment

Directions

- ☐ Combine ingredients. Freeze in an airtight container up to 6 months.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:24.380869295286%

Flavonoids

Apigenin: 90.14mg, Apigenin: 90.14mg, Apigenin: 90.14mg, Apigenin: 90.14mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg

Nutrients (% of daily need)

Calories: 135.7kcal (6.78%), Fat: 3.2g (4.93%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 16.93g (6.16%), Sugar: 1.2g (1.33%), Cholesterol: 0mg (0%), Sodium: 31.93mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin K: 222.02µg (211.45%), Manganese: 2.23mg (111.28%), Iron: 14.03mg (77.95%), Fiber: 10.63g (42.53%), Calcium: 377.34mg (37.73%), Magnesium: 102.26mg (25.57%), Copper: 0.48mg (23.98%), Vitamin B6: 0.44mg (22%), Vitamin A: 1091.42IU (21.83%), Potassium: 551.7mg (15.76%), Vitamin C: 10.76mg (13.04%), Folate: 52.04µg (13.01%), Phosphorus: 112.03mg (11.2%), Zinc: 1.63mg (10.84%), Vitamin B2: 0.18mg (10.82%), Vitamin E: 1.52mg (10.15%), Vitamin B1: 0.15mg (9.86%), Selenium: 4.27µg (6.1%), Vitamin B3: 1.18mg (5.9%), Vitamin B5: 0.25mg (2.49%)