



Herbes de Provence



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



15 kcal

SIDE DISH

Ingredients



1 bay leaf crushed



1 tablespoon basil dried



1 teaspoon marjoram dried



1 tablespoon dried rosemary dried crushed



1 tablespoon dried savory dried



1 tablespoon tarragon dried



1 tablespoon thyme dried



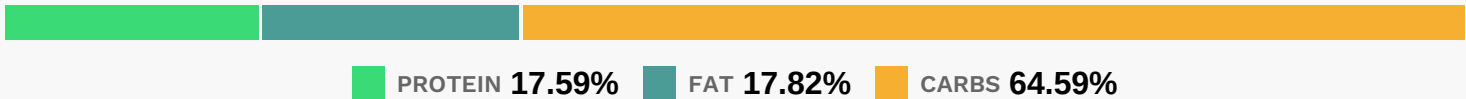
1 teaspoon oregano dried

Equipment

Directions

☐ Combine all ingredients. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.61, Inflammation Score:0, Nutrition Score:5.3165216782819%

Nutrients (% of daily need)

Calories: 14.74kcal (0.74%), Fat: 0.37g (0.57%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 2.91mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin K: 37.55µg (35.77%), Manganese: 0.38mg (19.21%), Iron: 3.25mg (18.06%), Calcium: 86.98mg (8.7%), Fiber: 1.55g (6.19%), Magnesium: 19.83mg (4.96%), Vitamin B6: 0.08mg (4.24%), Vitamin A: 172.3IU (3.45%), Folate: 13.47µg (3.37%), Potassium: 104.13mg (2.98%), Vitamin B2: 0.04mg (2.61%), Copper: 0.05mg (2.6%), Vitamin C: 1.98mg (2.39%), Vitamin E: 0.27mg (1.82%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.31mg (1.53%), Phosphorus: 12.12mg (1.21%), Vitamin B1: 0.02mg (1.05%)