



Italian Parmesan Herb Mix

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



208 kcal

SIDE DISH

Ingredients

- 3 tablespoons parsley flakes dried
- 1 tablespoon sea salt
- 0.5 teaspoon ground pepper red
- 3 tablespoons penzey's southwest seasoning dried italian
- 8 ounce parmesan cheese grated

Equipment

Directions

- Stir together all ingredients. Package mixture in airtight containers, and store in refrigerator up to 6 weeks.
- Holiday Herb Butter: Stir together 1 cup softened butter and 1/4 cup Italian Parmesan Herb
- Mix. Makes 1 cup. Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:11.079565255538%

Flavonoids

Apigenin: 54.04mg, Apigenin: 54.04mg, Apigenin: 54.04mg, Apigenin: 54.04mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg, Isorhamnetin: 3.97mg

Nutrients (% of daily need)

Calories: 208.35kcal (10.42%), Fat: 12.94g (19.91%), Saturated Fat: 7.1g (44.4%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 7.78g (2.83%), Sugar: 0.3g (0.33%), Cholesterol: 39.46mg (13.15%), Sodium: 800.98mg (34.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.61%), Calcium: 464.13mg (46.41%), Vitamin K: 35.9µg (34.19%), Phosphorus: 304.46mg (30.45%), Selenium: 16.58µg (23.69%), Manganese: 0.33mg (16.28%), Zinc: 2.16mg (14.42%), Vitamin B2: 0.2mg (12.06%), Vitamin A: 549.88IU (11%), Vitamin B12: 0.61µg (10.21%), Iron: 1.68mg (9.33%), Magnesium: 30.31mg (7.58%), Fiber: 1.79g (7.18%), Vitamin E: 0.96mg (6.38%), Vitamin B6: 0.11mg (5.51%), Potassium: 176.57mg (5.04%), Folate: 12.96µg (3.24%), Copper: 0.06mg (2.79%), Vitamin C: 1.74mg (2.11%), Vitamin B5: 0.2mg (2%), Vitamin B1: 0.03mg (1.83%), Vitamin B3: 0.32mg (1.62%), Vitamin D: 0.23µg (1.51%)