



Italian Seasoning Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



61 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup basil dried
- 0.3 cup parsley flakes dried
- 1 teaspoon rosemary dried
- 1 tablespoon garlic powder
- 0.3 cup oregano dried
- 3 tablespoons rubbed sage
- 0.5 teaspoon salt

Equipment

bowl

Directions

Combine all ingredients in a small bowl; stir well. Store in an airtight container; shake well before each use. Use to season chicken, corn, tomatoes, tomato sauce, pizza, bread, or popcorn.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:22.835217263388%

Flavonoids

Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg, Apigenin: 70.37mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg, Isorhamnetin: 5.18mg

Nutrients (% of daily need)

Calories: 61.04kcal (3.05%), Fat: 1.07g (1.64%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 4.5g (1.64%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 311.36mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin K: 325.35µg (309.86%), Manganese: 1.87mg (93.49%), Iron: 15.64mg (86.89%), Calcium: 439.78mg (43.98%), Fiber: 8.49g (33.95%), Magnesium: 130.21mg (32.55%), Copper: 0.37mg (18.52%), Vitamin E: 2.58mg (17.19%), Vitamin B6: 0.33mg (16.39%), Folate: 63.26µg (15.81%), Potassium: 521.42mg (14.9%), Vitamin B2: 0.24mg (14.34%), Zinc: 1.37mg (9.16%), Phosphorus: 62.91mg (6.29%), Vitamin A: 297.63IU (5.95%), Vitamin B3: 1.17mg (5.84%), Vitamin C: 2.69mg (3.26%), Vitamin B1: 0.04mg (2.81%), Selenium: 1.38µg (1.97%), Vitamin B5: 0.19mg (1.92%)