



HEALTH SCORE

100%

Italian Seasoning Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



69 kcal

SEASONING

MARINADE

Ingredients

- 2 teaspoons peppercorns whole black
- 0.5 cup basil dried
- 2 tablespoons oregano dried
- 4 teaspoons pepper dried red crushed

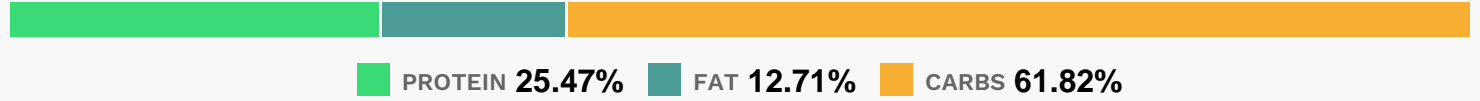
Equipment

- food processor

Directions

- Process basil, oregano, crushed red pepper, and black peppercorns in a food processor 1 minute or until mixture is a fine powder. Store in an airtight container at room temperature up to 4 months.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:26.983912983666%

Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 1.33g (2.05%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 3.82g (1.39%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 45.07mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Vitamin K: 422.64µg (402.51%), Manganese: 2.67mg (133.5%), Iron: 22.43mg (124.61%), Calcium: 574.97mg (57.5%), Magnesium: 179.01mg (44.75%), Fiber: 10.77g (43.09%), Copper: 0.55mg (27.45%), Vitamin E: 3.53mg (23.5%), Potassium: 702.02mg (20.06%), Folate: 78.83µg (19.71%), Vitamin B6: 0.38mg (18.83%), Vitamin B2: 0.31mg (18.39%), Vitamin A: 694.07IU (13.88%), Zinc: 1.82mg (12.16%), Phosphorus: 75.37mg (7.54%), Vitamin B3: 1.46mg (7.29%), Vitamin B5: 0.26mg (2.56%), Vitamin B1: 0.03mg (1.89%), Selenium: 1.21µg (1.73%)