



## Japanese-Style Seasoning Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



151 kcal

SEASONING

MARINADE

## Ingredients

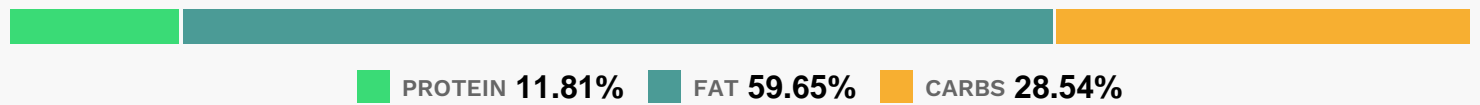
- 1 large pinch ground pepper
- 2 teaspoons ground ginger
- 1 tablespoon kosher salt
- 2 lemon zest finely grated
- 2 teaspoons paprika
- 1 tablespoon peppercorns toasted
- 2 teaspoons poppy seeds white black toasted
- 0.3 cup sesame seed toasted

# Equipment

## Directions

- Grind toasted, crumbled nori sheets in a spice mill to a fine powder.
- Add toasted sesame seeds, finely grated zest of tangerines or lemons, kosher salt, toasted Sichuan peppercorns, ground ginger, paprika, toasted white or black poppy seeds, and cayenne pepper; pulse to a uniform spice blend but not to a powder. DO AHEAD: Can be made 3 days ahead. Store airtight at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:59.5, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:16.539130547772%

## Nutrients (% of daily need)

Calories: 151.06kcal (7.55%), Fat: 11.09g (17.06%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 6.25g (2.27%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 3494.34mg (151.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Manganese: 2.01mg (100.4%), Copper: 0.91mg (45.65%), Calcium: 265.24mg (26.52%), Iron: 4.41mg (24.48%), Magnesium: 93.68mg (23.42%), Fiber: 5.69g (22.77%), Vitamin A: 1038.52IU (20.77%), Phosphorus: 162.44mg (16.24%), Zinc: 1.93mg (12.9%), Vitamin B1: 0.19mg (12.71%), Selenium: 8.4µg (12%), Vitamin B6: 0.24mg (11.85%), Vitamin C: 7.84mg (9.5%), Vitamin K: 9.85µg (9.38%), Potassium: 259.1mg (7.4%), Vitamin B3: 1.35mg (6.76%), Folate: 23.57µg (5.89%), Vitamin B2: 0.09mg (5.39%), Vitamin E: 0.76mg (5.09%), Vitamin B5: 0.17mg (1.68%)