

King's Seasoned Salt

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

33 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.3 teaspoon ground thyme
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1.5 teaspoons onion powder
- ☐ 2 teaspoons paprika smoked
- ☐ 0.3 cup salt
- ☐ 2 tablespoons sugar white

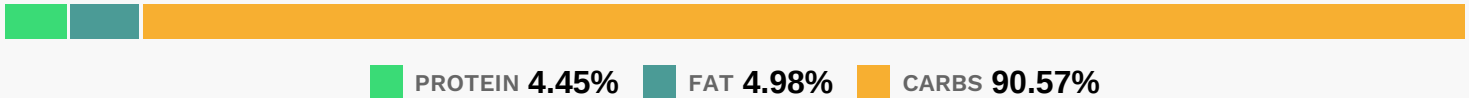
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Pour the salt into a small mixing bowl.
- ☐ Whisk in the sugar, paprika, garlic powder, onion powder, white pepper, turmeric, and thyme until evenly blended. Store in a tightly sealed shaker jar.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:4.25, Inflammation Score:-9, Nutrition Score:1.645217374615%

Nutrients (% of daily need)

Calories: 32.76kcal (1.64%), Fat: 0.2g (0.3%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.36g (2.68%), Sugar: 6.17g (6.85%), Cholesterol: 0mg (0%), Sodium: 9432.99mg (410.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin A: 494.92IU (9.9%), Manganese: 0.09mg (4.64%), Iron: 0.58mg (3.24%), Fiber: 0.67g (2.69%), Vitamin B6: 0.04mg (2.21%), Vitamin E: 0.31mg (2.07%), Vitamin K: 1.94µg (1.85%), Calcium: 13.96mg (1.4%), Copper: 0.03mg (1.38%), Potassium: 48.21mg (1.38%), Magnesium: 4.29mg (1.07%)