



Louisiana Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



92 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons ground pepper red
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 2 tablespoons kosher salt
- ☐ 2 teaspoons onion powder

☐

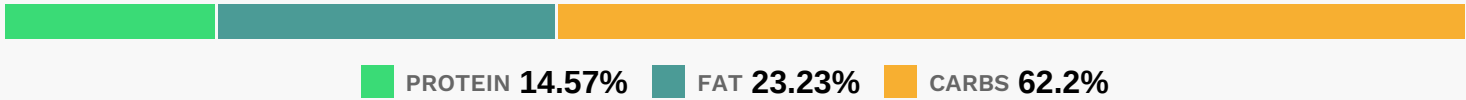
0.3 cup paprika

Equipment

Directions

- ☐ Combine all ingredients. Store in an airtight container.
- ☐ *If substituting regular salt, use half the amount (1 tablespoon).

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:22.566521851913%

Nutrients (% of daily need)

Calories: 92.05kcal (4.6%), Fat: 3.09g (4.76%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 9.54g (3.47%), Sugar: 2.3g (2.55%), Cholesterol: 0mg (0%), Sodium: 7010.4mg (304.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin A: 9128.11IU (182.56%), Vitamin K: 87.86µg (83.68%), Manganese: 1.02mg (51.16%), Iron: 8.24mg (45.79%), Vitamin E: 6.22mg (41.45%), Fiber: 9.08g (36.33%), Vitamin B6: 0.56mg (27.83%), Potassium: 592.32mg (16.92%), Vitamin B2: 0.26mg (15.54%), Magnesium: 60.68mg (15.17%), Calcium: 148.24mg (14.82%), Copper: 0.25mg (12.46%), Vitamin B3: 2.17mg (10.84%), Phosphorus: 95.7mg (9.57%), Zinc: 1.26mg (8.4%), Vitamin B1: 0.1mg (6.93%), Folate: 27.38µg (6.84%), Vitamin C: 5.48mg (6.64%), Vitamin B5: 0.44mg (4.37%), Selenium: 3µg (4.29%)