



HEALTH SCORE

100%

Melvyn's Seasoning Mix



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



154 kcal

SEASONING

MARINADE

Ingredients

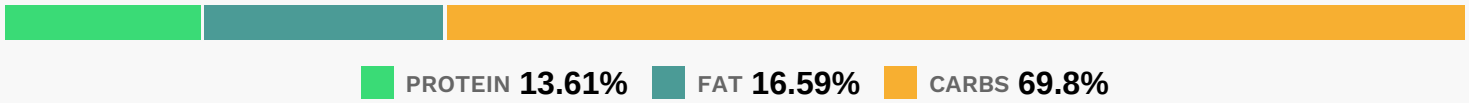
- ☐ 0.3 cup creole seasoning
- ☐ 0.3 cup garlic powder
- ☐ 0.3 cup pepper
- ☐ 1.5 tablespoons greek seasoning

Equipment

Directions

- ☐
- Stir together all ingredients. Store in an airtight container.
- ☐
- Note: For testing purposes only, we used Tony Chachere's Original Creole Seasoning and Cavender's All Purpose Greek Seasoning.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:25.332174093827%

Nutrients (% of daily need)

Calories: 153.71kcal (7.69%), Fat: 3.54g (5.45%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 21.96g (7.99%), Sugar: 2.3g (2.55%), Cholesterol: 0mg (0%), Sodium: 18.46mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.09%), Manganese: 2.7mg (135.13%), Vitamin A: 6724.68IU (134.49%), Vitamin K: 66.13µg (62.98%), Fiber: 11.59g (46.34%), Vitamin E: 5.78mg (38.56%), Vitamin B6: 0.74mg (36.98%), Iron: 5.29mg (29.36%), Potassium: 771.34mg (22.04%), Copper: 0.38mg (19.04%), Magnesium: 75.07mg (18.77%), Calcium: 176.52mg (17.65%), Vitamin C: 12.34mg (14.96%), Phosphorus: 143mg (14.3%), Vitamin B2: 0.22mg (12.88%), Vitamin B1: 0.15mg (9.68%), Vitamin B3: 1.88mg (9.42%), Folate: 37.33µg (9.33%), Selenium: 6.13µg (8.76%), Zinc: 1.17mg (7.8%), Vitamin B5: 0.38mg (3.79%)