



Mixed Herb Coating



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 cup oatmeal cornflakes
- ☐ 2 teaspoons rosemary dried crushed
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 teaspoons garlic powder
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground pepper white
- ☐ 2 teaspoons oregano dried
- ☐ 2 tablespoons paprika

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

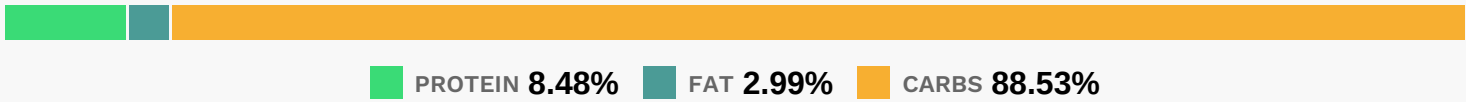
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; stir well. Store in an airtight container; shake well before each use. Use as a coating mix for chicken, turkey, pork, or lamb.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:18.264782599781%

Nutrients (% of daily need)

Calories: 159.61kcal (7.98%), Fat: 0.56g (0.86%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 34.66g (12.61%), Sugar: 5.39g (5.99%), Cholesterol: 0mg (0%), Sodium: 483.87mg (21.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Iron: 12.65mg (70.29%), Vitamin B6: 0.79mg (39.3%), Vitamin A: 1947.9IU (38.96%), Vitamin B2: 0.64mg (37.44%), Vitamin B3: 7.36mg (36.82%), Folate: 145.17µg (36.29%), Vitamin B1: 0.54mg (36.27%), Vitamin B12: 1.97µg (32.86%), Vitamin K: 11.87µg (11.31%), Fiber: 2.72g (10.86%), Vitamin C: 8.68mg (10.52%), Vitamin D: 1.42µg (9.46%), Manganese: 0.18mg (9.22%), Vitamin E: 0.93mg (6.2%), Magnesium: 23.32mg (5.83%), Copper: 0.11mg (5.48%), Phosphorus: 54.15mg (5.41%), Selenium: 3.73µg (5.33%), Potassium: 146.35mg (4.18%), Zinc: 0.57mg (3.81%), Calcium: 26.3mg (2.63%), Vitamin B5: 0.16mg (1.62%)