

Poultry Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



88 kcal

SEASONING

MARINADE

Ingredients

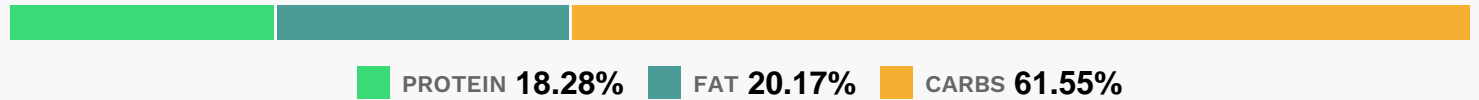
- 0.5 cup marjoram dried
- 2 cups parsley dried
- 0.5 cup rosemary dried crushed
- 1 tablespoon pepper black
- 0.5 teaspoon ground sage
- 2 teaspoons onion powder
- 1 cup rubbed sage
- 2 tablespoons salt

Equipment

Directions

- Combine all eight ingredients and mix very well.
- Place in airtight glass jars (no plastic). Shake well before using. This is nice in 1/2 pint sized jars to give as gifts.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:23.213913394057%

Flavonoids

Apigenin: 563.05mg, Apigenin: 563.05mg, Apigenin: 563.05mg, Apigenin: 563.05mg Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg Isorhamnetin: 41.4mg, Isorhamnetin: 41.4mg, Isorhamnetin: 41.4mg, Isorhamnetin: 41.4mg

Nutrients (% of daily need)

Calories: 87.65kcal (4.38%), Fat: 2.45g (3.77%), Saturated Fat: 1g (6.23%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 7.15g (2.6%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 3550.63mg (154.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin K: 330.01µg (314.3%), Manganese: 1.92mg (96.16%), Iron: 8.79mg (48.82%), Calcium: 390.59mg (39.06%), Fiber: 9.69g (38.74%), Vitamin C: 21.96mg (26.62%), Magnesium: 105.92mg (26.48%), Vitamin A: 1079.37IU (21.59%), Vitamin B6: 0.43mg (21.52%), Vitamin B2: 0.35mg (20.67%), Folate: 63.46µg (15.87%), Potassium: 529.73mg (15.14%), Copper: 0.24mg (12%), Vitamin E: 1.79mg (11.95%), Vitamin B3: 1.89mg (9.43%), Zinc: 1.34mg (8.92%), Phosphorus: 79.43mg (7.94%), Vitamin B1: 0.12mg (7.73%), Selenium: 2.57µg (3.67%), Vitamin B5: 0.16mg (1.61%)