

Prissy's Pizza Dust

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 cup parmesan cheese grated
- ☐ 1 teaspoon poultry seasoning

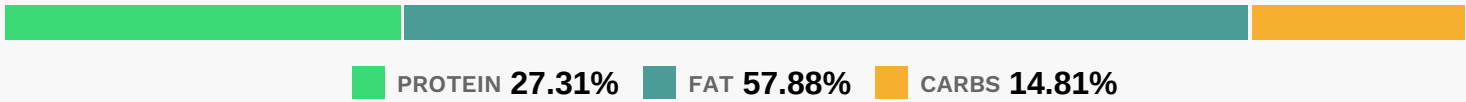
Equipment

- ☐ mixing bowl

Directions

- ☐
- Stir the Parmesan cheese, Italian seasoning, poultry seasoning, cumin, and garlic powder together in a mixing bowl. Store in an airtight container in refrigerator up to 2 months.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.7095652086579%

Nutrients (% of daily need)

Calories: 110.61kcal (5.53%), Fat: 7.17g (11.03%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.07g (0.08%), Cholesterol: 21.75mg (7.25%), Sodium: 438.71mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Calcium: 238.77mg (23.88%), Phosphorus: 163.37mg (16.34%), Selenium: 8.88µg (12.68%), Zinc: 1.14mg (7.61%), Vitamin K: 7.59µg (7.23%), Vitamin B12: 0.34µg (5.63%), Vitamin B2: 0.09mg (5.4%), Manganese: 0.1mg (4.95%), Vitamin A: 244.26IU (4.89%), Iron: 0.82mg (4.53%), Magnesium: 13.19mg (3.3%), Potassium: 66.9mg (1.91%), Vitamin B6: 0.04mg (1.87%), Vitamin E: 0.24mg (1.62%), Fiber: 0.34g (1.35%), Copper: 0.02mg (1.14%)