



Salt-Free Spicy Herb Seasoning Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



64

CALORIES



2 kcal

SEASONING

MARINADE

Ingredients

- 2 teaspoons celery seed
- 2 teaspoons parsley flakes dried
- 0.8 teaspoon granulated garlic powder
- 1 teaspoon ground pepper black
- 2 teaspoons penzey's southwest seasoning italian
- 1 teaspoon onion powder
- 0.8 teaspoon paprika
- 1 teaspoon poppy seeds

1 teaspoon pepper flakes red

4 teaspoons sesame seed

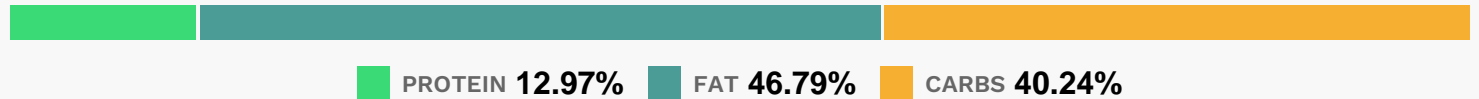
Equipment

bowl

Directions

Mix sesame seeds, celery seed, Italian seasoning, dried parsley, poppy seeds, ground black pepper, onion powder, red pepper flakes, garlic powder, and paprika together in a bowl until well combined. Store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:1.52, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.24304347598682%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 1.84kcal (0.09%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 0.73mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%)