



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 penzeys southwest seasoning italian
- ☐ 1 teaspoon onion powder
- ☐ 0.8 teaspoon paprika
- ☐ 1 teaspoon poppy seeds

- ☐ 1 teaspoon pepper flakes red
- ☐ 4 teaspoons sesame seed

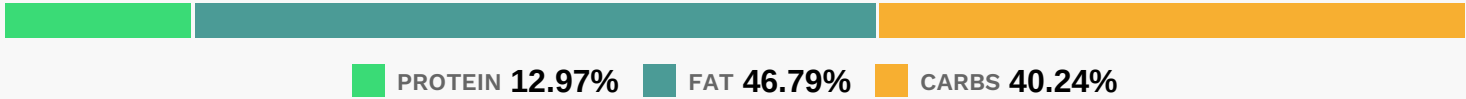
Equipment

- ☐ 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%)