



Simple Cajun Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



11 kcal

SEASONING

MARINADE

Ingredients

- 1 tablespoon ground pepper
- 1 tablespoon pepper black
- 1 tablespoon oregano dried
- 1 tablespoon paprika
- 2.5 tablespoons salt

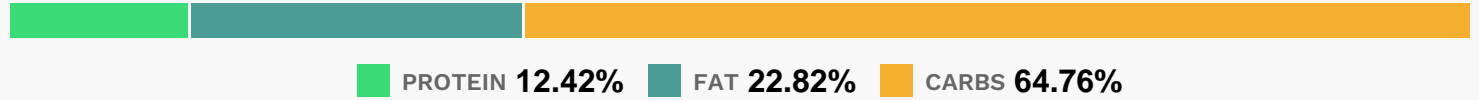
Equipment

- ziploc bags

Directions

- Combine the salt, oregano, paprika, cayenne pepper, and black pepper in a plastic bag and shake to mix.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:3.032608712497%

Nutrients (% of daily need)

Calories: 10.66kcal (0.53%), Fat: 0.36g (0.56%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.25g (0.27%), Cholesterol: 0mg (0%), Sodium: 2908.3mg (126.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin A: 941.03IU (18.82%), Manganese: 0.21mg (10.59%), Vitamin K: 8.42µg (8.02%), Vitamin E: 0.75mg (5%), Fiber: 1.24g (4.96%), Iron: 0.74mg (4.11%), Vitamin B6: 0.06mg (2.85%), Calcium: 23.44mg (2.34%), Potassium: 67.77mg (1.94%), Magnesium: 7.38mg (1.84%), Vitamin B2: 0.03mg (1.66%), Copper: 0.03mg (1.61%), Vitamin B3: 0.24mg (1.2%)