



Southern France Spice Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



2 kcal

SEASONING

MARINADE

Ingredients

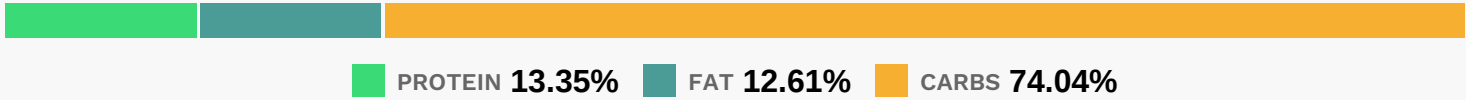
- ☐ 0.3 teaspoon bay leaves
- ☐ 0.5 teaspoon basil dried crushed
- ☐ 1 teaspoon marjoram dried crushed
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 1 teaspoon oregano dried crushed
- ☐ 1 teaspoon rubbed sage

Equipment

Directions

- ☐ Combine ingredients; stir.
- ☐ (store in an airtight container).

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:0.68521739088971%

Nutrients (% of daily need)

Calories: 1.82kcal (0.09%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.02g (0.03%), Cholesterol: 0mg (0%), Sodium: 0.25mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin K: 5.84µg (5.56%), Manganese: 0.04mg (2%), Iron: 0.33mg (1.84%), Calcium: 11.91mg (1.19%), Fiber: 0.29g (1.15%)