

## Stacey's Hamburger Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



21 kcal

SEASONING

MARINADE

### Ingredients

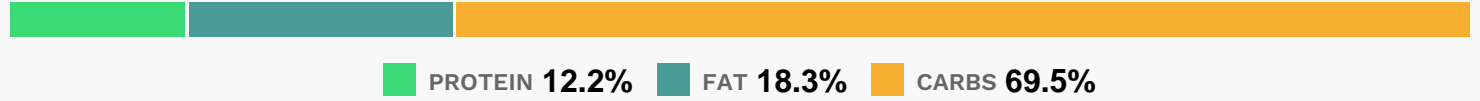
- 0.5 teaspoon brown sugar
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground pepper
- 1 teaspoon pepper black
- 0.5 teaspoon onion powder
- 1 tablespoon paprika
- 1.3 teaspoons salt

### Equipment

## Directions

- Combine the paprika, salt, pepper, brown sugar, garlic powder, onion powder, and cayenne pepper in an airtight container; seal. Shake to combine. Store in a cool, dry place between uses.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:4.2591303340767%

## Nutrients (% of daily need)

Calories: 21.16kcal (1.06%), Fat: 0.54g (0.83%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 2.91g (1.06%), Sugar: 1.42g (1.57%), Cholesterol: 0mg (0%), Sodium: 1457.18mg (63.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin A: 1833.39IU (36.67%), Manganese: 0.21mg (10.32%), Vitamin E: 1.11mg (7.4%), Fiber: 1.69g (6.74%), Iron: 0.94mg (5.21%), Vitamin B6: 0.1mg (5.02%), Vitamin K: 4.67µg (4.45%), Potassium: 113.63mg (3.25%), Vitamin B2: 0.05mg (2.86%), Magnesium: 9.59mg (2.4%), Copper: 0.05mg (2.39%), Vitamin B3: 0.39mg (1.97%), Phosphorus: 18.06mg (1.81%), Calcium: 17.06mg (1.71%), Zinc: 0.22mg (1.44%), Vitamin B1: 0.02mg (1.27%), Vitamin B5: 0.11mg (1.12%)