

Stinger Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



115 kcal

SEASONING

MARINADE

Ingredients

- 1 cup garlic powder
- 0.3 cup ground pepper white
- 0.5 cup onion powder
- 0.3 cup paprika spanish
- 0.3 cup salt

Equipment

- bowl
- funnel

Directions

- Mix garlic powder, onion powder, salt, white pepper, and Spanish paprika in a bowl; funnel into a dry, airtight storage container and use as needed.

Nutrition Facts

PROTEIN 16.17% **FAT 2.59%** **CARBS 81.24%**

Properties

Glycemic Index:3.7, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:7.7613043668477%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.3kcal (5.77%), Fat: 0.36g (0.56%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 21.21g (7.71%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 3791.1mg (164.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Manganese: 0.57mg (28.39%), Vitamin B6: 0.45mg (22.37%), Fiber: 4.57g (18.29%), Iron: 2.43mg (13.52%), Phosphorus: 126.89mg (12.69%), Copper: 0.22mg (10.76%), Potassium: 349.32mg (9.98%), Selenium: 6.64µg (9.48%), Vitamin C: 7.56mg (9.17%), Vitamin B1: 0.13mg (8.76%), Magnesium: 30.23mg (7.56%), Zinc: 1.02mg (6.77%), Calcium: 57.87mg (5.79%), Folate: 16.94µg (4.23%), Vitamin B2: 0.05mg (2.84%), Vitamin A: 116.63IU (2.33%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.23mg (1.55%), Vitamin B3: 0.25mg (1.27%)