



The Famous Seafood Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



42 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1.5 teaspoons ground bay leaves
- ☐ 3.7 tablespoons ground celery seed
- ☐ 1 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 1.5 teaspoons ground pepper black

- ☐ 2.5 teaspoons ground mustard dry
- ☐ 1.5 teaspoons paprika
- ☐ 2.5 teaspoons pepper flakes red
- ☐ 6.3 tablespoons salt

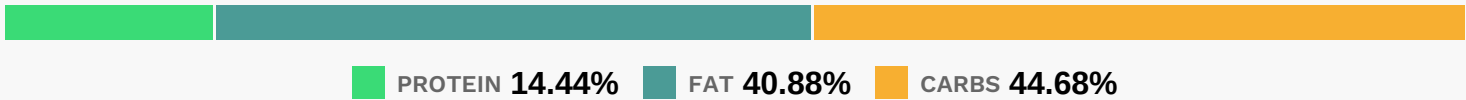
Equipment

- ☐ bowl

Directions

- ☐ Mix the salt, celery seed, dry mustard powder, red pepper, black pepper, bay leaves, paprika, cloves, allspice, ginger, cardamom, and cinnamon together in a bowl until thoroughly combined. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:7.7965218165646%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 41.93mg, Luteolin: 41.93mg, Luteolin: 41.93mg, Luteolin: 41.93mg

Nutrients (% of daily need)

Calories: 41.69kcal (2.08%), Fat: 2.3g (3.54%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.33g (0.36%), Cholesterol: 0mg (0%), Sodium: 11078.16mg (481.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Manganese: 1.24mg (61.88%), Iron: 3.41mg (18.94%), Vitamin A: 754.09IU (15.08%), Calcium: 127.8mg (12.78%), Magnesium: 37.68mg (9.42%), Fiber: 2.28g (9.13%), Copper: 0.13mg (6.46%), Vitamin E: 0.87mg (5.83%), Selenium: 3.97µg (5.67%), Vitamin B6: 0.11mg (5.32%), Phosphorus: 50.52mg (5.05%), Potassium: 162.34mg (4.64%), Zinc: 0.65mg (4.33%), Vitamin K: 4.01µg (3.82%), Vitamin B3: 0.53mg (2.67%), Vitamin B2: 0.04mg (2.63%), Vitamin B1: 0.04mg (2.5%), Vitamin C: 1.35mg (1.64%)