



Tom's Blackened Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

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READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

35 kcal

SEASONING

MARINADE

Ingredients



1.5 teaspoons pepper black



1 teaspoon cayenne pepper to taste



4 teaspoons thyme leaves dried



2 teaspoons garlic powder



0.8 teaspoon ground cumin



0.5 teaspoon ground nutmeg



2 teaspoons onion powder



1 teaspoon oregano dried

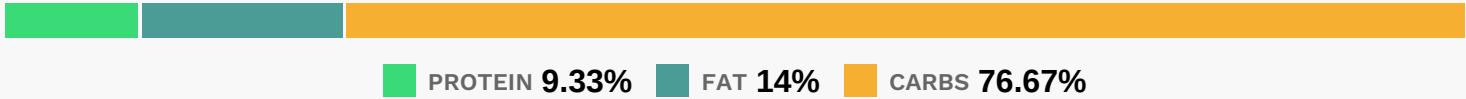
- ☐ 1 tablespoon paprika
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon sugar white

Equipment

Directions

- ☐ In a small jar with a lid, combine the paprika, thyme, onion powder, garlic powder, sugar, salt, pepper, cayenne pepper, oregano, nutmeg, and cumin. Seal securely and shake vigorously to blend. Store in a cool dry place. Shake jar before each use.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:2.39, Inflammation Score:-9, Nutrition Score:5.1669564972753%

Nutrients (% of daily need)

Calories: 35.14kcal (1.76%), Fat: 0.64g (0.98%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 5.95g (2.16%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 1167.23mg (50.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin A: 1125.62IU (22.51%), Vitamin K: 23.36µg (22.24%), Manganese: 0.29mg (14.38%), Iron: 2.29mg (12.74%), Fiber: 1.9g (7.59%), Vitamin E: 0.86mg (5.72%), Vitamin B6: 0.1mg (4.83%), Calcium: 44.68mg (4.47%), Magnesium: 12.85mg (3.21%), Potassium: 110mg (3.14%), Copper: 0.06mg (2.85%), Vitamin B2: 0.04mg (2.29%), Phosphorus: 22.73mg (2.27%), Zinc: 0.28mg (1.9%), Vitamin B1: 0.03mg (1.9%), Folate: 7.01µg (1.75%), Vitamin B3: 0.34mg (1.68%), Vitamin C: 1.2mg (1.45%), Selenium: 0.81µg (1.15%)