



Za'atar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



24 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons thyme leaves dried
- ☐ 0.3 cup ground sumac
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons oregano dried
- ☐ 1 tablespoon sesame seed toasted

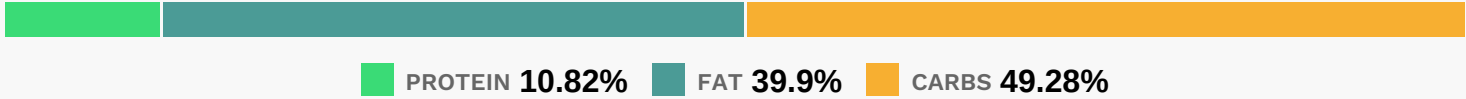
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:6.0486955791712%

Nutrients (% of daily need)

Calories: 23.6kcal (1.18%), Fat: 1.25g (1.92%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 583.31mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin K: 49.83µg (47.46%), Iron: 3.69mg (20.49%), Manganese: 0.33mg (16.64%), Calcium: 97.58mg (9.76%), Fiber: 2.04g (8.15%), Copper: 0.12mg (5.76%), Magnesium: 18.18mg (4.55%), Vitamin E: 0.61mg (4.07%), Folate: 13.35µg (3.34%), Vitamin B6: 0.05mg (2.64%), Vitamin A: 118.71IU (2.37%), Zinc: 0.35mg (2.32%), Phosphorus: 20.3mg (2.03%), Vitamin B1: 0.03mg (2.03%), Potassium: 57.26mg (1.64%), Vitamin B2: 0.03mg (1.54%), Vitamin B3: 0.31mg (1.53%), Vitamin C: 1.06mg (1.28%), Selenium: 0.89µg (1.28%)