



Salt-Free Creole Seasoning (Mild, Large Font)

Make your own salt-free seasoning to save money and your health! Great all-purpose seasoning for use on roasted vegetables, chicken, fish or other proteins.

U.S.

2 Tbsp	Onion Powder
4 Tbsp	Garlic Powder
4 Tbsp	Oregano, dried
2 Tbsp	Basil, dried
1 Tbsp	Thyme, dried
2 Tbsp	Black Pepper, ground
1 tsp	Cayenne, ground
4 Tbsp	Paprika, Smoked

Metric

13.8 g
38.8 g
12 g
4.2 g
2.7 g
13.8 g
1.8 g
27.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Mix all the seasonings in a bowl.
3. Place in a sealed container and store, unrefrigerated, for up to 3 months.
4. Makes 1 1/4 cups. Use as needed.

Nutrition Facts

Serving size 0
Servings 0

Calories 0
 Calories from Fat 0

Total Fat 0 g
 Saturated Fat 0 g
 Trans Fat 0 g
 Monounsaturated Fat 0 g
 Cholesterol 0 mg
 Sodium 0 mg
 Carbohydrates 0 g
 Dietary Fiber 0 g
 Sugars 0 g
 Protein 0 g

Vitamin A 0 %
 Calcium 0 %
 Vitamin C 0 %
 Iron 0 %
 Phosphorus 0 mg
