



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Salt-Free Creole Seasoning

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>U.S.</u>		<u>Metric</u>
2 Tbsp	Onion Powder	13.8 g
4 Tbsp	Garlic Powder	38.8 g
4 Tbsp	Oregano, dried	12 g
2 Tbsp	Basil, dried	4.2 g
1 Tbsp	Thyme, dried	2.7 g
2 Tbsp	Black Pepper, ground	13.8 g
1 Tbsp	Cayenne, ground	5.3 g
4 Tbsp	Paprika, Smoked	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
