

Creole Seasoning

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Yield: 1/3 cup

2 tablespoons salt
1 tablespoon ground black pepper
1 tablespoon paprika
1 1/2 teaspoons dried oregano
1 1/2 teaspoons dried basil
1 1/2 teaspoons garlic powder
1 teaspoon onion powder
1/2 teaspoon cayenne pepper
1/4 teaspoon ground thyme

In a bowl, combine all of the ingredients. Mix thoroughly.

Store in an airtight container.

Per Serving (excluding unknown items): 74 Calories; 2g Fat (15.7% calories from fat); 3g Protein; 16g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 12799mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	74
% Calories from Fat:	15.7%
% Calories from Carbohydrates:	70.0%
% Calories from Protein:	14.3%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	16g
Dietary Fiber (g):	6g
Protein (g):	3g
Sodium (mg):	12799mg
Potassium (mg):	445mg
Calcium (mg):	226mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	26mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 4941IU
Vitamin A (r.e.): 493RE

Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 74 Calories from Fat: 12

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	12799mg	533%
Total Carbohydrates	16g	5%
Dietary Fiber	6g	22%
Protein	3g	
Vitamin A		99%
Vitamin C		18%
Calcium		23%
Iron		34%

* Percent Daily Values are based on a 2000 calorie diet.