

Salt-Free Creole Seasoning



Make your own salt-free seasoning blends to save money while keeping sodium in check!

YIELD 3/4 Cup	PREP TIME 2 MIN	TOTAL TIME 2 MIN
-------------------------	---------------------------	----------------------------

INGREDIENTS

2 Tbsp	Smoked Paprika
2 Tbsp	Garlic Powder
2 Tbsp	Oregano, dried
1 Tbsp	Onion Powder
1 Tbsp	Basil, dried
1 Tbsp	Black Pepper, ground
1 ½ tsp	Thyme, dried
½ tsp	Cayenne, ground

CHEF'S NOTES

This is a great all-purpose seasoning to use on roasted vegetables, chicken, fish or in your favorite Creole-inspired dishes.

Make this recipe in bigger batches to have the seasoning on hand for whenever you want some added flavor.

Store excess spices in an airtight container for up to three months.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small bowl, combine all of the spices. Mix together the spices until well combined.

Nutrition Facts

6 servings per container

Serving size 1 Tbsp (9g)

Amount Per Serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.3mg 8%

Potassium 90mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, Salt-Free Creole Seasoning (6/10/19)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

