

# Salt-Free Creole Seasoning



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

<b>YIELD</b> 3/4 Cup	<b>PREP TIME</b> 2 MIN	<b>TOTAL TIME</b> 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.

