

Eating Smart Seasoning Mix

Makes: 40 Servings

Keep this seasoning mix on hand and use it whenever you want to boost flavor without adding salt.

Ingredients

- 1 1/4 teaspoons** black pepper
- 1 tablespoon** garlic powder
- 2 tablespoons** dried parsley flakes
- 3/4 cup** dried, minced onion
- 2 cups** dried milk, non-fat

Directions

- 1) Combine all ingredients.
- 2) Store in airtight container.
- 3) Use recipes as indicated.

Colorado State University and University of California at Davis. Ea

Nutrition Information

Nutrients	Amount
Calories	18
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	19 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 IU
Calcium	46 mg
Iron	0 mg
Potassium	87 mg
N/A - data is not available	

MyPlate Food Groups