



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## Italian Seasoning Mix

**Makes:** 1 Quart or 1 Gallon

Ingredients	1 Quart		1 Gallon	
	Weight	Measure	Weight	Measure
Dried basil		1 1/4 cups 2 Tbsp	8 1/2 oz	1 qt 1 1/2 cups
Dried oregano		1 1/4 cups 2 Tbsp	8 oz	1 qt 1 1/2 cups
Dried marjoram		1 cup	4 oz	1 qt
Dried thyme		1/4 cup		1 cup

## Directions

1. Combine all ingredients.
2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

## My Notes

**Source:** USDA Recipes for Schools

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	14
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	97 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available