



825016 - Seasoning Blend, Creole

Source: K12 Culinary
 Number of Portions: 43.5
 Size of Portion: TBSP
 Alternate Recipe Name: Creole Seasoning Blend

Components:

- Meat/Alt:
- Grains:
- Fruit:
- Vegetable:
- Milk:

Recipe Subgroups:

Attributes:

Condiments

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002028 PAPRIKA.....	1 1/2 cups	<p>CCP: No bare hand contact with ready to eat food.</p> <p>Combine paprika, coriander, granulated garlic, onion powder, oregano, black pepper, cayenne pepper, chili powder, dry mustard and thyme and stir until evenly blended.</p> <p>Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely.</p> <p>Store in a plastic seasoning container in a cool, dry location until ready to use.</p>
002013 CORIANDER SEED.....	3 Tbsp	
799903 GARLIC, GRANULATED.....	3 Tbsp	
002026 ONION POWDER.....	3 Tbsp	
002027 SPICES, OREGANO, DRIED.....	3 Tbsp	
002030 PEPPER, BLACK.....	1 1/2 Tbsp	
002031 PEPPER, RED OR CAYENNE...	1 1/2 Tbsp	
002009 CHILI POWDER.....	1 1/2 Tbsp	
901018 MUSTARD, POWDER/DRY.....	1 1/2 Tbsp	
799906 THYME LEAF, DRIED.....	1 1/2 Tbsp	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories	19 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	19.87 mg	35.30%	Calories from Total Fat
Total Fat	0.76 g	Sodium	11 mg	Protein	0.92 g	Iron	1.15 mg	5.15%	Calories from Saturated Fat
Saturated Fat	0.11 g	Carbohydrates	3.66 g	Vitamin A	2040.7 IU	Water ¹	0.63 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.92 g	Vitamin C	0.5 mg	Ash ¹	0.44 g	75.12%	Calories from Carbohydrates
								18.92%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.