



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:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002028 PAPRIKA.....	1 1/2 cups	CCP: No bare hand contact with ready to eat food. Combine paprika, ground coriander, granulated garlic, onion powder, oregano, black pepper, cayenne pepper, chili powder, dry mustard and thyme and whisk until evenly blended. Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely. Store in a plastic seasoning container in a cool, dry location until ready to use.
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	20 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	23.17 mg	34.73%	Calories from Total Fat
Total Fat	0.77 g	Sodium	11 mg	Protein	0.94 g	Iron	1.23 mg	5.15%	Calories from Saturated Fat
Saturated Fat	0.11 g	Carbohydrates	3.80 g	Vitamin A	2044.2 IU	Water ¹	0.65 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.00 g	Vitamin C	0.5 mg	Ash ¹	0.46 g	75.91%	Calories from Carbohydrates
								18.77%	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.