

Emeril's Essence

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/emeral-italian-seasoning-recipe>

Ingredients:

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 9 grams
3. Fat: 1 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 3540 milligrams
7. Sugar: 1 grams

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