

# Italian Seasoning Mix

Yield: 4 min  
Total Time: 5 min

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

## Ingredients:

- 3 tablespoons dried oregano
- 3 tablespoons dried basil
- 2 tablespoons dried thyme
- 2 tablespoons dried rosemary
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon kosher salt

## Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 6 grams
3. Fiber: 3 grams
4. Protein: 1 grams
5. Sodium: 300 milligrams

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