



## Convenience Salt-Free Seasoning Mix

*(Use mix within 6 months)*

- 1 teaspoon dried thyme
- 1 ½ teaspoons garlic powder
- 2 teaspoons dry mustard
- ¼ teaspoon dill weed
- 1 ½ teaspoons dried oregano
- 2 teaspoons paprika
- ½ teaspoon onion powder

Combine and place in an airtight container; store in a cool place.  
Use in place of salt to season food.

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## Nutrition Facts

4 servings per container  
**Serving size** 1/2 Tablespoon  
(5g)

**Amount per serving**  
**Calories** 20

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%

<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 52mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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