



## Cajun Spice Mix

|                | 25 Portions |          | 50 Portions |          |
|----------------|-------------|----------|-------------|----------|
|                | Metric      | Standard | Metric      | Standard |
| Total Yield    | 25 gm       | 0.9 oz.  | 50 gm       | 1.8 oz.  |
| Dried Oregano  | 1 gm        | 1 tsp    | 2 gm        | 2 tsp    |
| Garlic Powder  | 6 gm        | 2 tsp    | 12 gm       | 4 tsp    |
| Onion Powder   | 3 gm        | 1.5 tsp  | 6 gm        | 3 tsp    |
| Paprika        | 7 gm        | 3 tsp    | 14 gm       | 6 tsp    |
| Cayenne Pepper | 2 gm        | 1 tsp    | 4 gm        | 2 tsp    |
| Black Pepper   | 2 gm        | 1 tsp    | 4 gm        | 2 tsp    |
| Salt           | 3 gm        | 0.5 tsp  | 6 gm        | 1 tsp    |
| Dried Thyme    | 1 gm        | 1 tsp    | 2 gm        | 2 tsp    |

### Method

Combine all of the ingredients in a bowl and mix well. If not using right away, transfer to an airtight container or re-sealable bag. Store in the fridge until ready to use.

This rub works well with works well with chicken or fish dishes. Approximately 1 gm per portion.

| <b>Nutrition Facts</b>            |                      |
|-----------------------------------|----------------------|
| <b>Valeur nutritive</b>           |                      |
| Per 1 Gram (1g) / par 1 Gram (1g) |                      |
| Amount                            | % Daily Value        |
| Teneur                            | % valeur quotidienne |
| <b>Calories / Calories</b>        | <b>0</b>             |
| <b>Fat / Lipides</b>              | <b>0g 0%</b>         |
| Saturated / satures               | 0g                   |
| + Trans / trans                   | 0g 0%                |
| <b>Cholesterol / Cholesterol</b>  | <b>0mg</b>           |
| <b>Sodium / Sodium</b>            | <b>50mg 2%</b>       |
| <b>Carbohydrate / Glucides</b>    | <b>less than 0%</b>  |
| Fibre / Fibres                    | 0g 1%                |
| Sugars / Sucres                   | 0g                   |
| <b>Protein / Proteines</b>        | <b>0g</b>            |
| <b>Vitamin A / Vitamine A</b>     |                      |
| <b>Vitamin C / Vitamine C</b>     | <b>0%</b>            |
| <b>Calcium / Calcium</b>          | <b>0%</b>            |
| <b>Iron / Fer</b>                 | <b>2%</b>            |