



Health Plans

Herbal Salt Substitute

Ingredients:

- 1 Tablespoon dried basil
- 1 Tablespoon ground coriander
- 2 teaspoons dried parsley flakes
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1 Tablespoon dried thyme
- 2 teaspoons onion powder
- 2 teaspoons ground cumin
- 1 teaspoon ground mustard
- 1 teaspoon paprika

In a small bowl, combine all ingredients. Store in an airtight container in a cool, dry place for up to 1 year.

Nutrition Facts:

1 teaspoonful serving contains: Calories: 5, Fat: 0g (Saturated Fat: 0g), Cholesterol: 0g, Sodium: 1 mg., Carbohydrate: 1 g (Sugars: 0g, Fiber: 0g), Protein: 0g.

Source:

Taste of Home. (n.d.) Retrieved from

<https://www.tasteofhome.com/recipes/herbal-salt-substitute/>