Eating Smart Seasoning Mix
Makes 2 ½ cups  40 servings per container

Ingredients:
1 ¼ teaspoon black pepper
1 tablespoon garlic powder
2 tablespoons dried parsley flakes
¾ cup dried, minced onion
2 cups dry milk

Directions:
1. Combine black pepper, garlic powder, parsley, onion and dry milk.
2. Store in airtight container
3. Use in recipes as indicated.

Nutrition Facts
40 servings per container
Serving size 1 tablespoon (117g)

Amount per serving Calories 130
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 120mg 5%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 4%
Total Sugars 18g Includes 0g Added Sugars 0%
Protein 9g

Vitamin D 2mcg 10%
Calcium 329mg 25%
Iron 1mg 6%
Potassium 568mg 10%

*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.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension