

Mock Shake `n Bake

Carbs: **4.2g** | Fat: **0g** | Fiber: **0.5g** | Protein: **0.4g** | Calories: **17.5**

Servings per recipe: several

Ingredients

- 1/2 c minced dehydrated onions
- 1/4 tbsp coriander
- 1/4 tbsp thyme
- 1/4 tbsp red pepper flakes
- 1/8 tbsp oregano
- 1/8 tbsp paprika
- 1/8 tbsp black pepper
- 1/8 tbsp sea salt

Directions

Place all ingredients in food processor or coffee grinder.
Grind to a powder.
Store in an air-tight container.

TIP: Use this as coating on your meat before you cook it.
Dampen meat, then coat.
This is great on chicken, fish, shrimp, even steak burgers.

Nutritional Info

Servings Per Recipe: several

Amount Per Serving

- Calories: 17.5
- Total Fat: 0.0 g
- Cholesterol: 0.0 mg
- Sodium: 1.1 mg
- Total Carbs: 4.2 g
- Dietary Fiber: 0.5 g
- Protein: 0.4 g

