



Cajun Seasoning
gimmesomeoven.com

This homemade Cajun Seasoning recipe is the perfect blend of zesty, spicy, savory flavors that are sure to kick any dish up a delicious notch.

Servings: 1

PREP TIME
5 MIN

TOTAL TIME
5 MIN

Ingredients

- 3 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon ground black pepper
- 1 tablespoon ground white pepper
- 1 tablespoon onion powder
- 1 tablespoon dried oregano
- 1 tablespoon cayenne
- 1/2 tablespoon dried thyme

Nutrition

Calories 214, Total Fat 4g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 2g, Monounsaturated Fat 0g, Cholesterol 0mg, Sodium 12725mg, Total Carbohydrates 46g, Dietary Fiber 17g, Sugar 3g, Protein 9g, Vitamin A 12520IU, Vitamin C 8mg, Calcium 252mg, Iron 11mg, Phosphorous 213mg, Potassium 1030mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Mix all ingredients together in a bowl until evenly combined.
3. Use as needed in parent recipes.

Serving instructions

Total recipe yields 3/4 cup.

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 2.12.25. Nutrition Facts reflect the amount of the entire recipe.

Equipment

bowl

Tags

march collection, bowl, cajun & creole, gimme some oven, sub recipe