



Caribbean Seasoning

food.com

Make and share this Caribbean Seasoning recipe from Food.com which originated from The Sugarmill Caribbean Cookbook.

Servings: 1

PREP TIME

5 MIN

TOTAL TIME

10 MIN

Ingredients

- 2 teaspoons cayenne pepper
- 2 teaspoons salt
- 1 teaspoon white pepper
- 1 teaspoon black pepper
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 2 teaspoons paprika

Nutrition

Calories 40, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 0mg, Sodium 4235mg, Total Carbohydrates 8g, Dietary Fiber 4g, Sugar 0g, Protein 1g, Vitamin A 3775IU, Vitamin C 3mg, Calcium 69mg, Iron 3mg, Phosphorous 36mg, Potassium 239mg

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. Combine all ingredients together in a bowl.
3. Use as needed in parent recipes.

Serving instructions

Total recipe yields 3 tablespoons.

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 4.17.25. Nutrition Facts reflect the amount of the entire recipe.

Equipment

bowl

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