



## Herbs de Provence

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Herbs de Provence is a classic blend of dried herbs used in French and Mediterranean cooking with roasted vegetables, grilled fish, stews, and salads.

Servings: 1

PREP TIME

5 MIN

TOTAL TIME

5 MIN

### Ingredients

- 2 tablespoons dried rosemary
- 1 tablespoon fennel seed
- 2 tablespoons dried savory
- 2 tablespoons dried thyme
- 2 tablespoons dried basil
- 2 tablespoons dried marjoram
- 2 tablespoons dried lavender flowers
- 2 tablespoons dried Italian parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried tarragon
- 1 teaspoon bay powder

### Nutrition

Calories 143, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 1g, Cholesterol 0mg, Sodium 36mg, Total Carbohydrates 29g, Dietary Fiber 18g, Sugar 0g, Protein 6g, Vitamin A 2313IU, Vitamin C 30mg, Calcium 849mg, Iron 28mg, Phosphorous 120mg, Potassium 808mg

### 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. Grind rosemary and fennel seed in a spice grinder; transfer to a mixing bowl.
3. Add savory, thyme, basil, marjoram, lavender, parsley, oregano, tarragon, and bay powder to the bowl; stir well. Store in an airtight container between uses.
4. Use as needed in parent recipes.

### Serving instructions

Total recipe yields 1 cup.

### Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 5.20.25. Nutrition Facts reflect the amount of the entire recipe.

### Equipment

spice grinder, bowl

### Tags

july collection, bowl, spice grinder, french, allrecipes, sub recipe