

# Italian Seasoning Mix

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Dried basil		1 ¼ cups 2 Tbsp	8 ½ oz	1 qt 1 ½ cups	1. Combine all ingredients.
Dried oregano		1 ¼ cups 2 Tbsp	8 oz	1 qt 1 ½ cups	
Dried marjoram		1 cup	4 oz	1 qt	
Dried thyme		¼ cup		1 cup	2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

Nutrients Per Serving *					
Calories	14	Saturated Fat	0.07 g	Iron	3.00 mg
Protein	0.63 g	Cholesterol	0 mg	Calcium	97 mg
Carbohydrate	3.21 g	Vitamin A	395 IU	Sodium	1 mg
Total Fat	0.37 g	Vitamin C	2.8 mg	Dietary Fiber	2.1 g
* Nutrients are based upon 2 Tbsp of mix.					