





# Homemade Italian Seasoning

 PREP TIME	5 minutes
 TOTAL TIME	5 minutes
 SERVINGS	8 tablespoons
 AUTHOR	Holly Nilsson



★★★★★  
4.66 from 20 votes

The perfect blend of spices to add to your soups, stews and marinades.

## Ingredients

- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- 1 tablespoons dried rosemary
- 2 tablespoons dried parsley
- 1 tablespoon dried thyme
- 1 tablespoon red chili flakes
- 1 teaspoon garlic powder

## Instructions

1. Combine all ingredients in a small bowl.
2. Pour into an air tight container and store in a cool dark place for up to 6 months.

## Nutrition Information

Calories: 13, Carbohydrates: 2g, Sodium: 20mg, Potassium: 79mg, Fiber: 1g, Vitamin A: 360IU, Vitamin C: 1mg, Calcium: 64mg, Iron: 2.3mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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