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## Italian seasoning nutrition guide

Eat better. It makes you feel better. Main Info: Italian Seasonings General Brand 1/4 Calorie 0g Carbohydrates 0g Fat 0g Protein 0g Cholesterol 0g Saturated Fat 0mg Sodium 0g Sugar 0g Trans Fat Reporting This Food Problem: Items purchased after clicking on our Amazon button give us a little referral bonus. Thank you if you click on them! Please note that some foods may not be suitable for some people and you will be urged to seek your doctor's advice before starting any weight loss efforts or diet therapy. Although the information provided on this site is presented in good faith and is considered correct, FatSecret does not make any statement or warranty as to its completeness or accuracy and all information, including nutritional value, is used at your own responsibility. All trademarks, copyrights and other intellectual property rights are the property of their respective owners. Main info: Italian seasoning Morton &amp; Bassett 1/4 tsp calories 0g carbohydrates 0g fat 0g protein 0g fiber 0mg cholesterol 0g saturated fat 0g sodium 0g sugar 0g trans fat Report this food problem: Items purchased after clicking on our Amazon button give us a little referral bonus. Thank you if you click on them! McCormick's Gourmet Collection 0%—Carbohydrates 0%—Fat0%—Protein How does this food fit your daily goals?Activities required to write: 0 calories 0 Cycling minutes 0 minutes of running 0 minutes of cleaning Mix with pizza, marinara sauce, minestrone, calzon and Italian tomato sauce. Sprinkle with olive oil and bread dough for a quick and attractive focaccia bread. Perfect for breadsticks, dips, chicken, grilled fish, vegetables, egg and egg dishes, fillings and soups. Use FatSecret Food Diary to track your diet from 1 to 10 food searches for Italian seasonings. The FatSecret database has thousands of foods and recipes, with detailed nutritional information such as calories, fats and proteins for each serving size. You can also add many great recipes and food ideas from our members. Find out how your diet compares to your friends and other members like you! Add an item to the food database if you can't find the item you're looking for, add a new item to the food database.

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