

The Why Behind Iodized Seasoned Salt

My taste buds enjoy the spice mixes I have in my pantry. When I realized the commercially prepared seasoned salt I use lacked iodine, I decided to play with creating a mix that uses iodized salt and offers a similar taste. This is my "Why".

This recipe is the result of that play. I hope you enjoy using it sparingly when the food you prepare asks for a bit of tantalizing flavor. Feel free to experiment with the amount of salt you use to make your mix. Less salt in the mix lowers your sodium intake when it is consumed. Also, know how much you use. Begin with less than 1/4 teaspoon to consume less sodium.

JoEtta Heck

Iodized Seasoned Salt

Serving size: 1/4 teaspoon

1 Tablespoon Iodized Salt* or Iodized Sea Salt

3/4 teaspoon organic sugar

1/2 teaspoon paprika

3/4 teaspoon turmeric

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

Mix together.

Store in airtight container.

Yields: 22 - 1/4 teaspoon servings

37 mcg of iodine per serving*

325 mg Sodium per serving*

*Based on the nutrition facts label from Morton Iodized Salt
Recipe developed by JoEtta Heck, RDN

A healthy adult meets their daily need for Iodine when consuming:



3 ounces baked cod

3 hard boiled eggs



2 8-ounce cups of skimmed cow's milk

or a varied diet rich with dairy products, seafood, and fish.

Iodine RDA for a healthy Adult >19 yo

150 mcg

150 mcg/d to make the thyroid hormones needed for

Growth

Reproductive function
Brain development

Central nervous system and healthy thyroid function

https://openclipart.org/image/2400px/svg_to_png/1335/molumen-Codfish.png 1

https://upload.wikimedia.org/wikipedia/commons/thumb/2/28/Milk_001.JPG/95px-Milk_001.JPG 2

Source: eatright.org Fact Sheet for Iodine

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