Iodized Salt

Certified GF Gluten-Free

Bakery
Augason Farms offers a wide selection of baking mixes and baking items. Whether you're preparing baked goods from scratch or want a quick baking mix, we provide for your needs.

Iodized Salt
Augason Farms Iodized Salt is a life-sustaining mineral that boosts flavor. It's also a preservative used to dry meats and fish as well as for pickling.

Salt Dough
1 cup all-purpose flour
1/2 cup Augason Farms Iodized Salt
1 cup water
1 tablespoon vegetable oil
2 teaspoons cream of tartar
Food Coloring

Add food coloring to the water before adding to mixture. Combine all ingredients in a saucepan and heat on low until ingredients form a ball. Store in plastic bag or air-tight container.

Egg White Frittata
1 1/4 cups Augason Farms Dehydrated Mushroom Slices
2 tablespoons Augason Farms Dehydrated Chopped Onions
1/2 cup Augason Farms Dehydrated Diced Red & Green Bell Peppers
1/4 teaspoon Augason Farms Iodized Salt
1/4 teaspoon dried oregano
Dash pepper
1 tablespoon olive oil
8 egg whites – beaten
1 tablespoon grated Parmesan cheese

Place all vegetables in bowl and cover with warm water and let sit for 15 minutes, drain. In a 10" ovenproof skillet, sauté the mushrooms, onion, red and green peppers, salt, oregano and pepper in oil until vegetables are tender. Beat egg whites until foamy; pour into skillet. Cook for 3 minutes over medium-low heat or until puffed and lightly browned on bottom. Sprinkle with cheese. Bake at 375˚F for 8-10 minutes or until egg whites are set. Loosen edges and bottom of frittata with a rubber spatula. Invert onto a serving plate; cut into four wedges. Serve immediately. Serves 2.

Nutrition Facts

Serving Size 1/4 tsp (2g)
Servings Per Container 11,335

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 790mg	**33%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	0%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

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DIRECTIONS:
Use as a seasoning to enhance the flavor of your food.

This product is inherently gluten free and packaged at Augason Farms' Certified Gluten Free Manufacturing and Packaging Site to prevent cross contamination. The product's taste and consistency are the same as the standard non-gluten free product.

INGREDIENTS: Iodized salt.

Processed in a dedicated gluten free manufacturing and packaging site.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

11,335 SERVINGS
NET WT. 50 LBS (22.67 kg)