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## Salt Packet Recipe ♦♦

A recipe that uses a salt packet as one of the ingredients.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 4

**Serving Size:** 25 g

### Ingredients

|      |              |
|------|--------------|
| 10 g | salt packet  |
| 50 g | Ingredient 1 |
| 75 g | Ingredient 2 |

### Directions

## Step 1

Oven

Step 1: Preheat the oven to 350°F.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Step 2: Mix all the ingredients in a bowl.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Baking

Step 3: Transfer the mixture to a baking dish.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 4

Serving

Step 4: Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 10 g

**Protein:** 10 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 10 g  | 58.82%                 | 58.82%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g  | 36.36%                 | 40%                      |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Fibers   | 5 g   | 13.16%                 | 20%                      |
| Sugars   | 5 g   | N/A                    | N/A                      |
| Lactose  | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g   | N/A                    | N/A                      |
| Saturated Fat       | 2 g   | 9.09%                  | 11.76%                   |
| Fat                 | 10 g  | 35.71%                 | 40%                      |
| Cholesterol         | 0 mg  | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A   | 10 iu | 1.11%                  | 1.43%                    |
| Vitamin C   | 20 mg | 22.22%                 | 26.67%                   |
| Vitamin B6  | 2 mg  | 153.85%                | 153.85%                  |
| Vitamin B12 | 0 mcg | 0%                     | 0%                       |
| Vitamin E   | 2 mg  | 13.33%                 | 13.33%                   |
| Vitamin D   | 0 mcg | 0%                     | 0%                       |

## Minerals

| Nutrient  | Value   | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|---------|------------------------|--------------------------|
| Sodium    | 1000 mg | 43.48%                 | 43.48%                   |
| Calcium   | 15 mg   | 1.5%                   | 1.5%                     |
| Iron      | 10 mg   | 125%                   | 55.56%                   |
| Potassium | 500 mg  | 14.71%                 | 19.23%                   |
| Zinc      | 4 mg    | 36.36%                 | 50%                      |
| Selenium  | 2 mcg   | 3.64%                  | 3.64%                    |

## Recipe Attributes

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Cuisines

Italian Chinese

### Meal Type

Brunch Supper

### Difficulty Level

Medium

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