



Chili Seasoning Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



144 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.8 cup chili powder
- ☐ 2 teaspoons garlic dried minced
- ☐ 2 tablespoons onion dried minced
- ☐ 2 tablespoons ground cumin
- ☐ 2 tablespoons oregano dried
- ☐ 2 tablespoons lawry's seasoned salt
- ☐ 2 tablespoons sugar

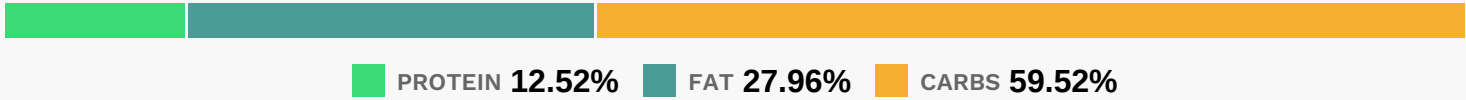
Equipment

Directions

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Stir together all ingredients. Store seasoning mix in an airtight container up to 4 months at room temperature. Shake or stir well before using.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:26.233478307724%

Nutrients (% of daily need)

Calories: 143.81kcal (7.19%), Fat: 5.72g (8.8%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 13.65g (4.96%), Sugar: 8.26g (9.17%), Cholesterol: 0mg (0%), Sodium: 3378.3mg (146.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin A: 10587.1IU (211.74%), Vitamin E: 13.99mg (93.28%), Fiber: 13.74g (54.98%), Vitamin K: 50.16µg (47.77%), Iron: 8.59mg (47.74%), Manganese: 0.83mg (41.5%), Vitamin B6: 0.83mg (41.31%), Potassium: 807.56mg (23.07%), Vitamin B3: 4.35mg (21.74%), Vitamin B2: 0.36mg (20.98%), Copper: 0.41mg (20.28%), Calcium: 179.26mg (17.93%), Magnesium: 69.9mg (17.47%), Phosphorus: 132.43mg (13.24%), Zinc: 1.78mg (11.84%), Selenium: 7.88µg (11.25%), Vitamin B1: 0.12mg (8.17%), Folate: 18.8µg (4.7%), Vitamin B5: 0.37mg (3.7%), Vitamin C: 1.99mg (2.42%)