



Easy Taco Seasoning Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



198 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground cumin
- ☐ 2 tablespoons onion powder
- ☐ 1 tablespoon ground oregano
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar white

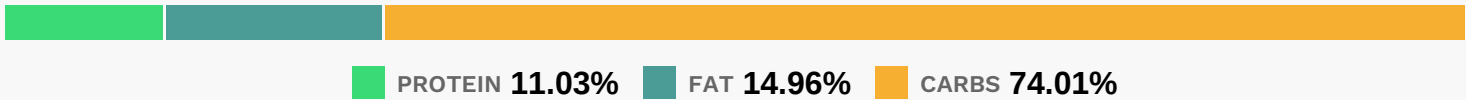
Equipment

☐ bowl

Directions

☐ Mix onion powder, chili powder, cumin, paprika, garlic powder, oregano, sugar, and salt together in a small bowl.

Nutrition Facts



Properties

Glycemic Index:100.09, Glycemic Load:9, Inflammation Score:-10, Nutrition Score:23.35739133669%

Nutrients (% of daily need)

Calories: 198.47kcal (9.92%), Fat: 3.84g (5.9%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 31.87g (11.59%), Sugar: 14.74g (16.37%), Cholesterol: 0mg (0%), Sodium: 1325.17mg (57.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Vitamin A: 5981.03IU (119.62%), Iron: 9.7mg (53.88%), Manganese: 0.96mg (48.03%), Vitamin K: 46.09µg (43.9%), Fiber: 10.83g (43.32%), Vitamin E: 6.29mg (41.95%), Vitamin B6: 0.63mg (31.43%), Calcium: 239.06mg (23.91%), Potassium: 719.7mg (20.56%), Magnesium: 81.85mg (20.46%), Copper: 0.34mg (17.03%), Phosphorus: 161.52mg (16.15%), Vitamin B2: 0.23mg (13.65%), Vitamin B1: 0.19mg (12.56%), Zinc: 1.88mg (12.53%), Vitamin B3: 2.25mg (11.24%), Selenium: 6.6µg (9.43%), Folate: 30.84µg (7.71%), Vitamin C: 4.07mg (4.93%), Vitamin B5: 0.45mg (4.55%)