

Fajita Seasoning



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



21 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon chicken soup base
- ☐ 2 tablespoons chili powder (vary according to how spicy you like it)
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon salt

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1 teaspoon paprika sweet

Equipment

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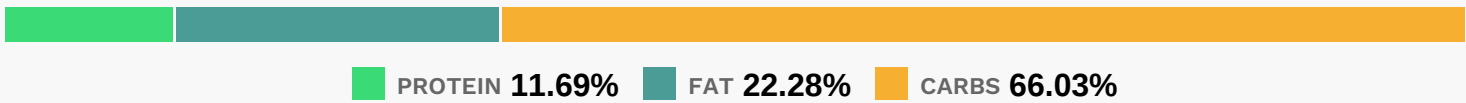
bowl

Directions

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Combine all ingredients in a small bowl. Set aside and use just as you would the seasoning packet that comes in those taco kits at the store.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:3.2647826015625%

Nutrients (% of daily need)

Calories: 21.24kcal (1.06%), Fat: 0.62g (0.96%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.37g (0.42%), Cholesterol: 0.05mg (0.02%), Sodium: 614.37mg (26.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin A: 1149.46IU (22.99%), Vitamin E: 1.35mg (9.01%), Fiber: 1.42g (5.69%), Manganese: 0.1mg (5.2%), Iron: 0.85mg (4.71%), Vitamin B6: 0.09mg (4.44%), Vitamin K: 4.05µg (3.86%), Potassium: 88.26mg (2.52%), Vitamin B2: 0.04mg (2.28%), Copper: 0.04mg (2.24%), Vitamin B3: 0.44mg (2.19%), Magnesium: 7.53mg (1.88%), Calcium: 16.53mg (1.65%), Phosphorus: 16.17mg (1.62%), Selenium: 1.03µg (1.47%), Zinc: 0.2mg (1.3%)