



Firecracker Chili Powder

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



23 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon cayenne pepper
- 2 tablespoons chili powder
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground nutmeg
- 1 teaspoon paprika
- 0.5 teaspoon pepper blend black red hot (such as McCormick Shot!®)
- 0.5 teaspoon salt

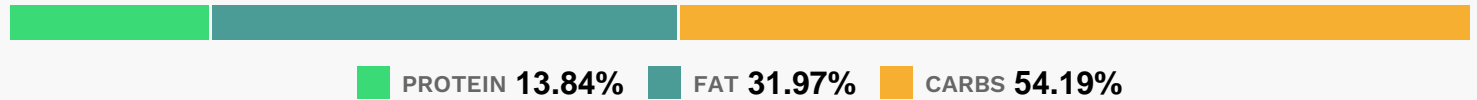
Equipment

bowl

Directions

Mix the ground dried chilies, paprika, cayenne pepper, salt, black and red pepper blend, garlic powder, ground cumin, and ground nutmeg in a small bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:5.7278261106947%

Nutrients (% of daily need)

Calories: 23.24kcal (1.16%), Fat: 1.09g (1.67%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.59g (0.65%), Cholesterol: 0mg (0%), Sodium: 476.47mg (20.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin A: 2191.91IU (43.84%), Vitamin E: 2.44mg (16.27%), Fiber: 2.46g (9.83%), Manganese: 0.18mg (8.76%), Vitamin B6: 0.15mg (7.64%), Iron: 1.33mg (7.4%), Vitamin K: 7.27µg (6.92%), Potassium: 147.66mg (4.22%), Vitamin B2: 0.07mg (3.92%), Vitamin B3: 0.76mg (3.82%), Copper: 0.07mg (3.58%), Magnesium: 12.23mg (3.06%), Calcium: 24.6mg (2.46%), Phosphorus: 24.11mg (2.41%), Zinc: 0.31mg (2.06%), Selenium: 1.34µg (1.91%), Vitamin B1: 0.02mg (1.48%)