



 **100%**
HEALTH SCORE

Homemade Chili Powder

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup ancho chili powder
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 1 teaspoon oregano dried

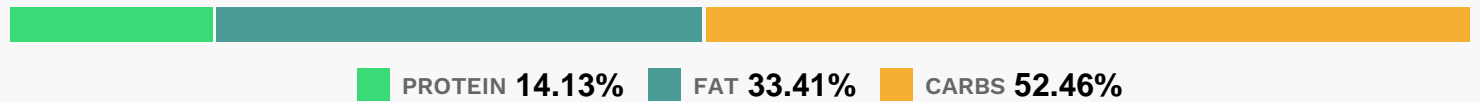
Equipment

- mixing bowl

Directions

- Combine all of the ingredients in a small mixing bowl and stir until thoroughly blended. Store the chili powder in an airtight container.
- From The Texas Cowboy Cookbook by Robb Walsh Copyright (c) 2007 by Robb Walsh Published by Broadway Books. Robb Walsh, "the Indiana Jones of food writers" (Liane Hanson, NPR), is the restaurant critic for the Houston Press, and occasional commentator for NPR's Weekend Edition, the former food columnist for Natural History magazine, and former editor in chief of Chile Pepper magazine. He is the author of Legends of Texas Barbecue Cookbook and The Tex Mex Cookbook: A History in Recipes and Photos, and the co-author of several other cooking and travel books. He lives in Houston, Texas.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:33.336521648842%

Nutrients (% of daily need)

Calories: 170.3kcal (8.51%), Fat: 8.53g (13.12%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 9.27g (3.37%), Sugar: 4.29g (4.76%), Cholesterol: 0mg (0%), Sodium: 970.78mg (42.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.23%), Vitamin A: 17548.77IU (350.98%), Vitamin E: 22.66mg (151.07%), Fiber: 20.86g (83.42%), Vitamin B6: 1.25mg (62.55%), Vitamin K: 65.64µg (62.52%), Iron: 10.6mg (58.91%), Manganese: 1.04mg (52.12%), Vitamin B3: 6.9mg (34.49%), Potassium: 1168.61mg (33.39%), Vitamin B2: 0.56mg (32.94%), Copper: 0.6mg (29.94%), Magnesium: 90.68mg (22.67%), Calcium: 205.79mg (20.58%), Phosphorus: 180.98mg (18.1%), Selenium: 12.19µg (17.42%), Zinc: 2.58mg (17.2%), Vitamin B1: 0.15mg (10.13%), Vitamin B5: 0.53mg (5.33%), Folate: 17.95µg (4.49%)