

Homemade Taco Seasoning Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



5 min.

SERVINGS



2

CALORIES



20 kcal

SEASONING

MARINADE

Ingredients

- 0.3 teaspoon pepper black freshly ground to taste
- 2 teaspoons chili powder hot
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 1 teaspoon onion powder
- 0.5 teaspoon oregano
- 1.5 teaspoons paprika
- 0.5 teaspoon sea salt

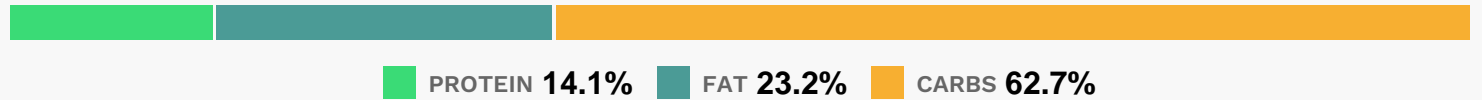
Equipment

bowl

Directions

Mix chili powder, paprika, onion powder, sea salt, garlic powder, cumin, oregano, black pepper, cayenne pepper, and red pepper flakes in a bowl.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:4.086956459543%

Nutrients (% of daily need)

Calories: 19.59kcal (0.98%), Fat: 0.64g (0.98%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 617.39mg (26.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin A: 1348.03IU (26.96%), Vitamin E: 1.32mg (8.78%), Manganese: 0.15mg (7.66%), Iron: 1.29mg (7.16%), Fiber: 1.77g (7.07%), Vitamin K: 6.91µg (6.58%), Vitamin B6: 0.1mg (5.09%), Potassium: 110.68mg (3.16%), Calcium: 28.58mg (2.86%), Magnesium: 10.98mg (2.74%), Copper: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.58%), Vitamin B3: 0.44mg (2.21%), Phosphorus: 20.67mg (2.07%), Zinc: 0.26mg (1.71%), Vitamin B1: 0.02mg (1.47%), Selenium: 0.89µg (1.27%)