



Mexican Seasoning Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 cup chili powder
- ☐ 2 teaspoons garlic powder
- ☐ 2 tablespoons ground cumin
- ☐ 1 teaspoon ground pepper red
- ☐ 0.3 cup paprika
- ☐ 0.5 teaspoon salt

Equipment

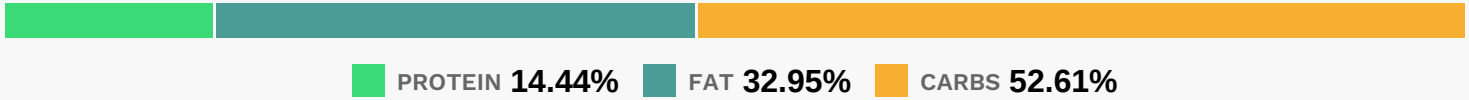
- ☐ bowl

Directions

☐

Combine all ingredients in a small bowl; stir well. Store in an airtight container; shake well before each use. Use to season chicken or turkey.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:24.936956348627%

Nutrients (% of daily need)

Calories: 120.24kcal (6.01%), Fat: 5.86g (9.01%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 7.81g (2.84%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 786.37mg (34.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin A: 12339.34IU (246.79%), Vitamin E: 13.5mg (90.02%), Fiber: 13.23g (52.93%), Iron: 8.66mg (48.11%), Vitamin B6: 0.81mg (40.69%), Manganese: 0.74mg (36.77%), Vitamin K: 37.25µg (35.48%), Potassium: 812.25mg (23.21%), Vitamin B2: 0.38mg (22.21%), Vitamin B3: 4.3mg (21.51%), Copper: 0.38mg (19%), Magnesium: 68.98mg (17.25%), Calcium: 143.09mg (14.31%), Phosphorus: 132.56mg (13.26%), Zinc: 1.77mg (11.77%), Selenium: 7.02µg (10.02%), Vitamin B1: 0.12mg (8.21%), Vitamin B5: 0.44mg (4.43%), Folate: 13.12µg (3.28%), Vitamin C: 0.9mg (1.09%)