



## Paprika Spice Blend

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



20 kcal

SEASONING

MARINADE

### Ingredients

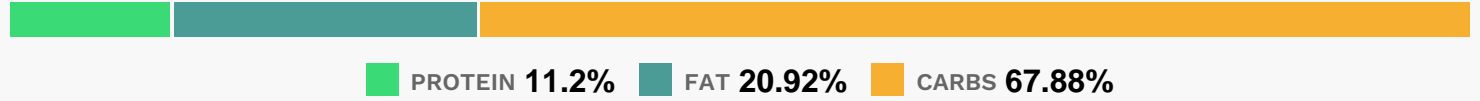
- 2 tablespoons pepper black freshly ground
- 2 tablespoons brown sugar
- 2 tablespoons chili powder
- 1 tablespoon garlic powder
- 2 tablespoons ground cumin
- 0.3 cup paprika
- 2 tablespoons salt

### Equipment

## Directions

Combine all ingredients; store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:3.2299999895951%

## Nutrients (% of daily need)

Calories: 19.63kcal (0.98%), Fat: 0.56g (0.85%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 891.73mg (38.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin A: 1141.29IU (22.83%), Manganese: 0.17mg (8.63%), Iron: 1.15mg (6.37%), Vitamin E: 0.91mg (6.06%), Fiber: 1.25g (5%), Vitamin B6: 0.07mg (3.57%), Vitamin K: 3.68µg (3.51%), Potassium: 89.49mg (2.56%), Magnesium: 9.06mg (2.27%), Copper: 0.04mg (2.13%), Vitamin B2: 0.03mg (2.04%), Calcium: 19.65mg (1.96%), Vitamin B3: 0.33mg (1.67%), Phosphorus: 15.36mg (1.54%), Zinc: 0.18mg (1.19%), Vitamin B1: 0.02mg (1.05%)