



Southwest Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



92 kcal

SEASONING

MARINADE

Ingredients

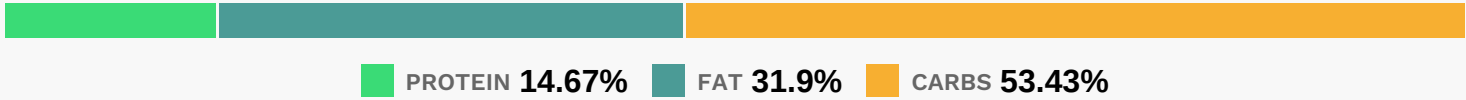
- ☐ 2 tablespoons chili powder
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground coriander
- ☐ 2 tablespoons ground cumin
- ☐ 2 teaspoons ground pepper red
- ☐ 2 tablespoons kosher salt
- ☐ 2 tablespoons paprika

Equipment

Directions

- ☐ Combine all ingredients. Store in an airtight container.
- ☐ *If substituting regular salt, use half the amount (1 tablespoon).

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:17.434782608696%

Nutrients (% of daily need)

Calories: 91.85kcal (4.59%), Fat: 4.2g (6.46%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 8.02g (2.92%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 7126.35mg (309.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Vitamin A: 6728.18IU (134.56%), Iron: 7.69mg (42.75%), Vitamin E: 5.91mg (39.41%), Fiber: 7.81g (31.23%), Manganese: 0.59mg (29.6%), Vitamin B6: 0.46mg (22.93%), Potassium: 543.99mg (15.54%), Vitamin K: 16.02µg (15.26%), Magnesium: 60.89mg (15.22%), Calcium: 126.46mg (12.65%), Vitamin B2: 0.21mg (12.48%), Copper: 0.24mg (12.02%), Phosphorus: 108.57mg (10.86%), Vitamin B3: 2.17mg (10.83%), Zinc: 1.24mg (8.27%), Vitamin B1: 0.11mg (7.38%), Selenium: 4.19µg (5.99%), Vitamin C: 2.68mg (3.25%), Vitamin B5: 0.28mg (2.76%), Folate: 10.27µg (2.57%)