



## Southwest Spice Coating

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



144 kcal

SIDE DISH

### Ingredients

- 0.3 cup no-oil baked tortilla chips crushed
- 1 tablespoon ground chile powder red
- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- 0.5 teaspoon ground pepper red
- 0.3 cup parmesan cheese grated
- 1 teaspoon sugar
- 0.7 cup cornmeal yellow

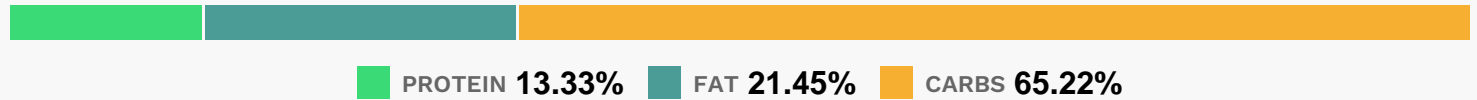
# Equipment

bowl

# Directions

Combine all ingredients in a medium bowl; stir well. Store in an airtight container in refrigerator; shake well before each use. Use as a coating mix for chicken, turkey, pork, or fish.

# Nutrition Facts



# Properties

Glycemic Index:36.12, Glycemic Load:9.87, Inflammation Score:-5, Nutrition Score:6.0230434362007%

# Nutrients (% of daily need)

Calories: 144.34kcal (7.22%), Fat: 3.52g (5.41%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 20.9g (7.6%), Sugar: 1.37g (1.53%), Cholesterol: 4.35mg (1.45%), Sodium: 141.72mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Fiber: 3.18g (12.72%), Vitamin A: 622.09IU (12.44%), Phosphorus: 115.68mg (11.57%), Manganese: 0.23mg (11.35%), Iron: 1.93mg (10.71%), Vitamin B6: 0.21mg (10.48%), Magnesium: 38.32mg (9.58%), Zinc: 1.12mg (7.46%), Calcium: 72.63mg (7.26%), Selenium: 4.72µg (6.74%), Vitamin B1: 0.1mg (6.45%), Vitamin E: 0.87mg (5.79%), Potassium: 168.89mg (4.83%), Copper: 0.1mg (4.77%), Vitamin B2: 0.08mg (4.49%), Vitamin B3: 0.82mg (4.11%), Folate: 9.96µg (2.49%), Vitamin K: 2.06µg (1.96%), Vitamin B5: 0.17mg (1.68%), Vitamin B12: 0.07µg (1.13%)