



Southwestern Spice Blend



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



57 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons pepper
- ☐ 1 tablespoon salt
- ☐ 0.5 teaspoon cocoa unsweetened

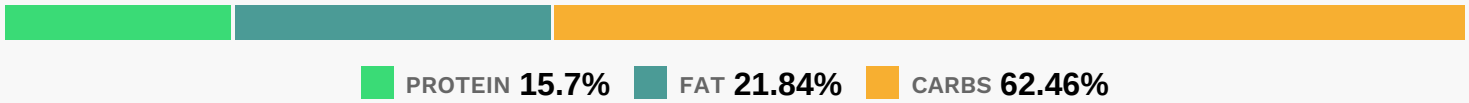
Equipment

- ☐ grill

Directions

- ☐ Combine all ingredients. Store in airtight container. Use as a meat or poultry rub or to flavor chili and soups.
- ☐ Southwestern Chicken: Rub Southwestern Spice Blend over 6 skinned and boned chicken breast halves. (Or freeze in a freezer bag up to 6 months. Thaw before grilling.) Grill, covered with grill lid, over medium-high heat (350 to 400°F) for 7 to 10 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:8.6856521471687%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 57.32kcal (2.87%), Fat: 1.7g (2.62%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 7.42g (2.7%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 7053.27mg (306.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Manganese: 0.81mg (40.37%), Vitamin A: 1258.68IU (25.17%), Iron: 4.2mg (23.35%), Fiber: 3.55g (14.2%), Vitamin E: 1.74mg (11.61%), Vitamin B6: 0.21mg (10.63%), Vitamin K: 11.03µg (10.5%), Copper: 0.18mg (9.21%), Magnesium: 34.74mg (8.68%), Potassium: 283.3mg (8.09%), Calcium: 77.86mg (7.79%), Phosphorus: 66.79mg (6.68%), Vitamin B1: 0.07mg (4.4%), Zinc: 0.64mg (4.29%), Vitamin B2: 0.07mg (3.97%), Selenium: 2.74µg (3.92%), Vitamin B3: 0.75mg (3.76%), Vitamin B5: 0.14mg (1.37%), Folate: 5.18µg (1.29%)