



Spice-Seasoned Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



3 kcal

SIDE DISH

Ingredients

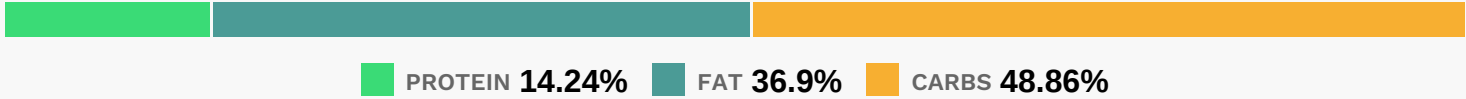
- ☐ 2 teaspoons ancho chile powder
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons kosher salt

Equipment

Directions

☐ Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.57521739116182%

Nutrients (% of daily need)

Calories: 2.8kcal (0.14%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 590.04mg (25.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin A: 151.6IU (3.03%), Iron: 0.28mg (1.56%), Vitamin E: 0.2mg (1.33%), Manganese: 0.02mg (1.23%), Fiber: 0.26g (1.04%)