

Taco Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



26 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder dried toasted (and ground chilies)
- ☐ 2 teaspoons cumin toasted (and ground)
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon onion powder
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon pepper

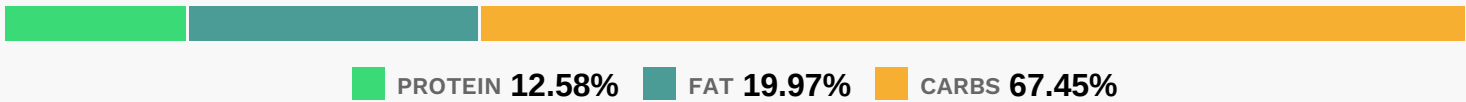
☐ 1 teaspoon salt

Equipment

Directions

☐ Mix everything.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:4.3565217256546%

Nutrients (% of daily need)

Calories: 26.39kcal (1.32%), Fat: 0.69g (1.07%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.14g (2.38%), Cholesterol: 0mg (0%), Sodium: 782.65mg (34.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin A: 1565.36IU (31.31%), Manganese: 0.2mg (10.09%), Vitamin K: 8.98µg (8.55%), Fiber: 2.07g (8.3%), Iron: 1.48mg (8.23%), Vitamin B2: 0.07mg (4.28%), Potassium: 144.81mg (4.14%), Vitamin B6: 0.07mg (3.38%), Magnesium: 12.51mg (3.13%), Vitamin B3: 0.56mg (2.81%), Vitamin E: 0.42mg (2.77%), Calcium: 25.24mg (2.52%), Vitamin C: 1.83mg (2.22%), Copper: 0.04mg (1.98%), Phosphorus: 19.14mg (1.91%), Vitamin B1: 0.02mg (1.14%), Zinc: 0.17mg (1.11%), Folate: 4.11µg (1.03%)