



## Taco Seasoning II

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



21

CALORIES



7 kcal

SEASONING

MARINADE

### Ingredients

- 0.1 teaspoon ground pepper
- 6 teaspoons chili powder
- 1.5 teaspoons cornstarch
- 2.5 teaspoons garlic powder
- 4.5 teaspoons ground cumin
- 2.5 teaspoons onion powder
- 5 teaspoons paprika

### Equipment

## Directions

- In a jar with a tight fitting lid, combine chili powder, paprika, cumin, onion powder, garlic powder, cayenne pepper and cornstarch. Close lid securely, and shake well to mix contents. 7 teaspoons is equivalent to 1 (1.25 ounce) package of taco seasoning.

## Nutrition Facts



## Properties

Glycemic Index:2.71, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:1.2199999864983%

## Nutrients (% of daily need)

Calories: 7.14kcal (0.36%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 10.82mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin A: 414.37IU (8.29%), Iron: 0.51mg (2.86%), Vitamin E: 0.38mg (2.52%), Fiber: 0.48g (1.93%), Manganese: 0.04mg (1.92%), Vitamin B6: 0.03mg (1.6%), Potassium: 36.51mg (1.04%)