



Taco Seasoning III

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



10 min.

SERVINGS



8

CALORIES



114 kcal

SEASONING

MARINADE

Ingredients

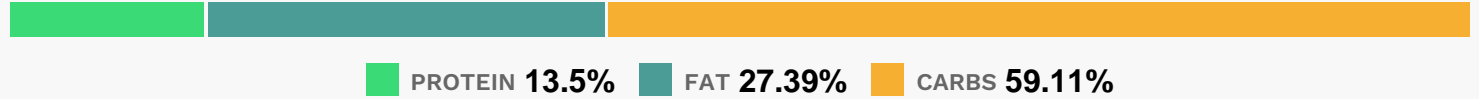
- 1 cup chili powder
- 1 teaspoon garlic dried minced
- 0.5 cup onion flakes dried
- 2 teaspoons ground cumin
- 2 teaspoons oregano dried
- 4 teaspoons salt
- 0.3 cup unbleached flour all-purpose

Equipment

Directions

- In a jar with a tight fitting lid, combine flour, onion flakes, garlic, chili powder, oregano, cumin, and salt. Close lid securely, and shake well to mix contents. One half cup is equivalent to 1 (1.25 ounce) package of taco seasoning.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:21.766956391542%

Nutrients (% of daily need)

Calories: 114.27kcal (5.71%), Fat: 4.41g (6.79%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 10.41g (3.79%), Sugar: 3.49g (3.87%), Cholesterol: 0mg (0%), Sodium: 1649.75mg (71.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Vitamin A: 8784.03IU (175.68%), Vitamin E: 11.4mg (75.99%), Fiber: 11.02g (44.07%), Vitamin B6: 0.69mg (34.53%), Vitamin K: 34.54µg (32.9%), Iron: 5.9mg (32.77%), Manganese: 0.63mg (31.31%), Potassium: 657.59mg (18.79%), Vitamin B3: 3.74mg (18.72%), Vitamin B2: 0.31mg (17.98%), Copper: 0.33mg (16.32%), Magnesium: 51.64mg (12.91%), Calcium: 120.83mg (12.08%), Selenium: 7.67µg (10.96%), Phosphorus: 108.33mg (10.83%), Zinc: 1.42mg (9.45%), Vitamin B1: 0.13mg (8.52%), Folate: 22.65µg (5.66%), Vitamin C: 2.89mg (3.5%), Vitamin B5: 0.34mg (3.35%)