



Taco Seasoning



Estimated Time: 5 mins

Nutrition Per Serving

1 Serving

Calories.....	19
Protein.....	0.9g
Total Carbohydrates	3.6g
Net	1.66g
Sugar.....	0.4g
Fiber	1.9g
Total Fat	0.8g
Saturated Fat	0.1g
Polyunsaturated Fat	0.385g
Monounsaturated Fat	0.214g
Trans Fat.....	0g
Cholesterol	0mg
Minerals	
Sodium.....	117mg
Potassium	116mg
Phosphorus.....	21.57mg
Calcium	22.32mg

*Recipe provided by
Chef Duane.*

Ingredients

- ¼ tablespoon chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika

Directions

1. Combine chili powder, cumin, garlic powder, paprika and onion powder in a small jar.
2. Cover the jar of spices with a secure lid and shake well to mix ingredients.
3. Add seasoning to spice up other recipes such as the Southwest Grain Bowl and White Bean Queso Dip options.

Disclaimer: Be sure to speak with your doctor if you have food allergies, food sensitivities (non-IgE reactions), are unsure of an ingredient in this recipe or have specific diet restrictions.