



Taco Seasoning



Estimated Time: 5 min

Nutrition Per Serving

1 serving (1 tsp per serving)

Calories	14
Protein	0.6g
Total Carbohydrates	2.6g
Net	1.36g
Sugar	0.3g
Fiber	1.2g
Total Fat	0.5g
Saturated Fat	0.1g
Polyunsaturated Fat	0.22g
Monounsaturated Fat	0.15g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	60mg
Potassium	77mg
Phosphorus	15.5mg
Calcium	15.7mg

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 this taco seasoning to spice up other recipes such as the Southwest Grain Bowl and White Bean Queso Dip options.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.