



## 825024 - Seasoning Blend, Mexican

Source: K12 Culinary

Number of Portions: 34

Size of Portion: TBSP

Alternate Recipe Name: Mexican Seasoning Blend

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002009 CHILI POWDER..... 900670 CUMIN,GROUND.... 002026 ONION POWDER.... 002028 PAPRIKA.....	3/4 cup 3/4 cup 1/3 cup 1/3 cup	<b>CCP: No bare hand contact with ready to eat food.</b> Combine chili powder, cumin, onion powder, and paprika and whisk until evenly blended.  Store in a plastic seasoning container in a cool, dry location until ready to use.

\*Nutrients are based upon 1 Portion Size (TBSP)

Calories	23 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	36.94 mg	40.74%	Calories from Total Fat
Total Fat	1.05 g	Sodium	87 mg	Protein	1.05 g	Iron	2.24 mg	5.03%	Calories from Saturated Fat
Saturated Fat	0.13 g	Carbohydrates	3.88 g	Vitamin A	1408.4 IU	Water <sup>1</sup>	0.67 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.78 g	Vitamin C	0.5 mg	Ash <sup>1</sup>	0.64 g	66.64%	Calories from Carbohydrates
								18.05%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.