



825025 - Seasoning Blend, Southwestern

Source: K12 Culinary

Number of Portions: 49.5

Size of Portion: TBSP

Alternate Recipe Name: Southwest Seasoning

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002009 CHILI POWDER.....	1 1/2 cups	CCP: No bare hand contact with ready to eat food. Combine chili powder (dark preferred), paprika, black pepper, coriander, cumin, granulated garlic, dry mustard, onion powder, and oregano. Whisk to combine. Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely. Store in a plastic seasoning container in a cool, dry location until ready to use.
002028 PAPRIKA.....	1/3 cup + 2 tsp	
002030 PEPPER,BLACK.....	3 Tbsp	
002013 CORIANDER SEED.....	3 Tbsp	
900670 CUMIN,GROUND.....	3 Tbsp	
799903 GARLIC,GRANULATED.....	3 Tbsp	
901018 MUSTARD,POWDER/DRY.....	3 Tbsp	
002026 ONION POWDER.....	3 Tbsp	
002027 SPICES,OREGANO,DRIED....	1 1/2 TBSP (leaves)	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories	23 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	29.54 mg	39.66%	Calories from Total Fat
Total Fat	1.03 g	Sodium	115 mg	Protein	1.10 g	Iron	1.33 mg	5.46%	Calories from Saturated Fat
Saturated Fat	0.14 g	Carbohydrates	4.02 g	Vitamin A	1585.3 IU	Water ¹	0.74 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.19 g	Vitamin C	0.3 mg	Ash ¹	0.67 g	68.59%	Calories from Carbohydrates
								18.86%	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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.