



## 825026 - Seasoning Blend, Taco

Source: K12 Culinary

Number of Portions: 35.33333

Size of Portion: TBSP

Alternate Recipe Name: Taco Seasoning

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002027 SPICES, OREGANO, DRIED....	1/2 CUP (ground)	<b>CCP: No bare hand contact with ready to eat food.</b> Combine oregano, paprika, parsley, cumin, black pepper, granulated garlic, and salt and stir until evenly blended.  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.....	1/2 cup	
002029 PARSLEY, DRIED.....	1/2 cup	
900670 CUMIN, GROUND.....	1/3 cup	
002030 PEPPER, BLACK.....	2 Tbsp	
799903 GARLIC, GRANULATED.....	2 Tbsp	
002047 SALT, TABLE.....	2 Tbsp	

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

Calories	15 kcal	Cholesterol	0 mg	Sugars	*0.2* g	Calcium	38.05 mg	30.60%	Calories from Total Fat
Total Fat	0.50 g	Sodium	400 mg	Protein	0.71 g	Iron	1.54 mg	4.74%	Calories from Saturated Fat
Saturated Fat	0.08 g	Carbohydrates	2.86 g	Vitamin A	810.9 IU	Water <sup>1</sup>	0.47 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.39 g	Vitamin C	0.6 mg	Ash <sup>1</sup>	1.38 g	77.77%	Calories from Carbohydrates
								19.28%	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.