



## 825024 - Seasoning Blend, Mexican

Source: K12 Culinary

Number of Portions: 34.66666

Size of Portion: TBSP

Alternate Recipe Name: Mexican Seasoning Blend

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

Condiments

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 Tbsp 1/3 cup + 1 Tbsp	<b>CCP: No bare hand contact with ready to eat food.</b> Combine chili powder, cumin, onion powder, and paprika and stir 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	24	kcal	Cholesterol	0	mg	Sugars	*0.4*	g	Calcium	37.49	mg	39.63%	Calories from Total Fat
Total Fat	1.06	g	Sodium	86	mg	Protein	1.08	g	Iron	2.25	mg	4.94%	Calories from Saturated Fat
Saturated Fat	0.13	g	Carbohydrates	4.08	g	Vitamin A	1479.4	IU	Water <sup>1</sup>	0.69	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	1.84	g	Vitamin C	0.5	mg	Ash <sup>1</sup>	0.65	g	67.64%	Calories from Carbohydrates
												17.92%	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.