



825026 - Seasoning Blend, Taco

Source: K12 Culinary

Number of Portions: 39.33333

Size of Portion: TBSP

Alternate Recipe Name: Taco Seasoning

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Condiments

HACCP Process: No HACCP Process

| Ingredients | Measures | Instructions |
|---------------------------------|----------------------------------|---|
| 002027 SPICES,OREGANO,DRIED.... | 1/2 CUP, ground + 1 TBSP, leaves | CCP: No bare hand contact with ready to eat food. 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 + 1 Tbsp | |
| 002029 PARSLEY,DRIED..... | 1/2 cup + 1 Tbsp | |
| 900670 CUMIN,GROUND..... | 1/3 cup + 1 Tbsp | |
| 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 | 37.73 mg | 31.57% | Calories from Total Fat |
| Total Fat | 0.51 g | Sodium | 360 mg | Protein | 0.71 g | Iron | 1.56 mg | 4.77% | Calories from Saturated Fat |
| Saturated Fat | 0.08 g | Carbohydrates | 2.80 g | Vitamin A | 818.9 IU | Water ¹ | 0.47 g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 1.37 g | Vitamin C | 0.6 mg | Ash ¹ | 1.27 g | 76.77% | Calories from Carbohydrates |
| | | | | | | | | 19.35% | 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.