

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			
		CCP: No bare hand contact with ready to eat food.			
002027 SPICES,OREGANO,DRIED 002028 PAPRIKA	1/2 CUP, ground + 1 TBSP, leaves 1/2 cup + 1 Tbsp	Combine oregano, paprika, parsley, cumin, black pepper, granulated garlic, and salt an stir until evenly blended.			
002029 PARSLEY,DRIED 900670 CUMIN,GROUND 002030 PEPPER,BLACK	1/2 cup + 1 Tbsp 1/3 cup + 1 Tbsp 2 Tbsp	Be sure to use granulated garlic, not garlic powder, to make sure product will spinkle freely.			
799903 GARLIC,GRANULATED 002047 SALT,TABLE	2 Tbsp 2 Tbsp	Store in a plastic seasoning container in a cool, dry location until ready to use.			

*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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for Printed 8/18/2016 and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.