

Chili and spice seasoning



Recipe credit

US Department of Health and Human Services, A Healthier You

About this recipe

Serves

7

Serving size

1 Tbsp

Ingredients

- 1/4 tablespoon paprika

- 2 tablespoons oregano (dried, crushed)
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon pepper (black)
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dry mustard

Directions

1. Mix together all ingredients. Store in airtight container.

Nutritional info

Calories

19

Total fat

1 g

Saturated fat

0 g

Cholesterol

0 g

Sodium

34 mg

Total carbohydrates

4 g

Dietary fiber

2 g

Protein

1 g

Total sugar

1 g

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