

Homemade No Salt Taco Seasoning

Ingredients:

¾ tablespoon chili powder
1 teaspoon cumin
1 teaspoon paprika
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon cayenne pepper

Instructions:

1. Combine ingredients in a small bowl and mix well.
2. Store in pantry for up to 3 months in airtight container.

Source: LSU AgCenter

Serves: 1

Prep Time: 5 minutes

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com

Nutrition Facts

1 servings per container
Serving size 2 tablespoons

Amount per serving
Calories 50

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 229mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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