

Keto friendly, gluten free taco seasoning

Posted At : November 21, 2016 10:02 AM | Posted By : Admin

Related Categories: Gluten Free Cooking, Cooking, Keto Cooking, Gluten Free Keto Cooking



Keto Friendly / Gluten Free Taco Seasoning. I use McCormicks red top single seasoning for this as it is gluten free.

- 2 Teaspoons of **minced onions**
- ½ Teaspoon of **crushed red pepper** flakes (Omit if you want to)
- 1 Teaspoon of **Chili powder**
- ½ Teaspoon of **Garlic Powder**
- ¼ Teaspoon of Dried **Oregano**
- ½ Teaspoon of Ground **Cumin**

Mix all until evenly mixed. Good for 6 months.

When using this, add a bit of water to the meat, stir in the taco seasoning (About 2 - 3 Tbsp per LB of meat) Let simmer for a while then give it a taste test. add more taco seasoning if you need to



Nutrition Facts

Servings 1.0

Amount Per Serving

calories 42

% Daily Value *

Total Fat 1 g 1 %

Saturated Fat 0 g 1 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 59 mg 2 %

Potassium 191 mg 5 %

Total Carbohydrate 9 g 3 %

Dietary Fiber 2 g 9 %

Sugars 2 g

Protein 1 g 2 %

Vitamin A 35 %

Vitamin C 4 %

Calcium 3 %

Iron 6 %