



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Mexican Seasoning Mix

Makes: 1 Quart or 1 Gallon

Ingredients	Weight	1 Quart		1 Gallon	
		Measure	Weight	Measure	Weight
Chili powder	8 1/4 oz	1 3/4 cups	2 lb 5 1/2 oz	1 qt 3 cups	
Ground cumin	5 oz	1 1/3 cups	1 lb 6 oz	1 qt 1 1/3 cups	
Paprika		1/4 cup 3 Tbsp	7 oz	1 3/4 cups	
Onion powder		1/4 cup 3 Tbsp	7 1/2 oz	1 3/4 cups	

Directions

1. Combine all ingredients.
2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

Notes

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My Notes

Source: USDA Recipes for Schools

Nutrition Information

Nutrients	Amount
Calories	49
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	82 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	70 mg
Iron	4 mg
Potassium	N/A

N/A - data is not available