



Spanish Spice Mix

4 Servings • 1 Serving = 1 Tablespoon

INGREDIENTS

- ½ Tablespoon thyme
- 1 Tablespoon ground cumin
- 1 Tablespoon paprika
- ½ Tablespoon red chili flakes
- 1 bay leaf
- 1 Tablespoon parsley
- ½ teaspoon freshly ground black pepper

DIRECTIONS

1. Combine all ingredients in a small bowl. Mix well to combine.

Nutrition Facts

4 servings per container
Serving size 1 Tablespoon

Amount per serving
Calories 15

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 70mg 2%

*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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