

Aaron's Mexican Dry Adobo Seasoning

Yield: 1 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-adobo-seasoning-recipe>

Ingredients:

- 1 tablespoon cumin seeds
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- 1 tablespoon mustard seeds
- 1/2 pasilla chile dried, stemmed, seeded, deveined and torn into small pieces
- 1/2 dried ancho chile stemmed, seeded, deveined and torn into small pieces
- 2 tablespoons Mexican oregano dried whole
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon sweet Spanish paprika

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 34 grams
3. Fat: 9 grams
4. Fiber: 18 grams
5. Protein: 10 grams
6. SaturatedFat: 1 grams
7. Sodium: 35 milligrams
8. Sugar: 2 grams

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