

AIP Taco Seasoning

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-breast-taco-seasoning-indian-recipe>

Ingredients:

- 1 tablespoon oregano
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 tablespoon garlic powder
- 1 tablespoon ginger powder
- 1 tablespoon cilantro
- 1 tablespoon turmeric powder
- 1/2 tablespoon cinnamon powder
- 1 pound chicken breast sliced or cubed, approximately 500 grams
- 1 tablespoon taco seasoning
- 3 tablespoons extra virgin olive oil
- chopped cilantro coriander
- avocado optional
- pico de gallo optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 75 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 1960 milligrams
9. Sugar: 1 grams

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