

Chili powder is a mixed spice containing paprika, oregino, cumin, garlic powder, and onion powder. The modern day spice was made by William Gebhardt who was inspired by the original spices of the Aztecs.

Chili powder is considerd a mild spice; however, it is common to add in hotter ingredients like cayenne. It also contains properties that are antioxidant, reduce inflammation, support the immune system, improve heart health, assist in digestion, and give pain relief.

Nutr	itid	on	Amount per serving
			Total Fat 0g
Fact	.5		Sat. Fat 0g
Serving size Amount per se	1/4 tsp	(2g)	Trans Fat 0g
Calories		5	Cholestorol 0mg
		-	Sodium 60mg

Amount per serving	%DV*	Amount per serving	%I	
Total Fat 0g	0%	Total Carb 0g		
Sat. Fat 0g	0%	Dietary Fiber 0g		
Trans Fat 0g		Sugars 0g		
Cholestorol 0mg	0%	Including 0g added Sugars		
Sodium 50mg	2%	Protein Omg		

Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Including 0g added Sugars	0%
Protein Omg	



tree nut, wheat, and sov products.

