

# Do you know what is in your Taco Seasoning?



**MSG**  
 Man made flavor enhancer to improve taste and manufacture cheaper. Many people experience severe headaches/migraines from MSG.

**Partially Hydrogenated Oil**  
 Trans Fat! Leads to clogging of the arteries!

**Silicon Dioxide**  
 You know the stuff that comes in those "Do Not Eat" packets you get with new shoes and purses? This is a granulated form of Silica Gel. (used as an anti-caking agent)



**ETHOXYQUINN**  
 USDA classifies as a pesticide while under OSHA it's listed as a hazardous chemical. (Companies use this as a food preservative)

Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	560mg
Total Carbohydrate	4g
Dietary Fiber	0g
Sugars	0g
Protein	0g
Vitamin A 2% • Vitamin C 0%	
Calcium 0% • Iron 2%	
Percent Daily Values are based on a diet of 100 calorie diet.	

**High Sodium**  
 560 mg per serving!!

HEAT taco shells as directed on package.

COOK meat thoroughly in 10-inch skillet over medium-high heat, stirring occasionally until no longer pink. Stir in taco seasoning mix and water. Cook covered over medium heat for 4 minutes, stirring occasionally until most of liquid is absorbed.

SPREAD meat mixture into taco shells. Top with shredded lettuce, shredded cheese, chopped tomatoes, and salsa. Refrigerate any leftovers. Makes 12 Tacos

**INGREDIENTS:** MALTODEXTRIN, SALT, CHILI PEPPER, POWDER, SPICE, MONOSODIUM GLUTAMATE, STARCH, YELLOW CORN FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL, SILICON DIOXIDE (ANTI-CAKING AGENT), NATURAL FLAVOR, ETHOXYQUINN (PRESERVATIVE).

Cereals, LLC  
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AT OUR WEBSITE:  
[www.BettyKroger.com/OriginalTaco](http://www.BettyKroger.com/OriginalTaco)

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**WILD TREE PRODUCTS  
 HAVE NONE OF  
 THESE!!!!**

**It's NOT just Taco Seasoning!!!**

