



Achiote Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



286 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons ground annatto
- 1.5 teaspoons pepper black freshly ground
- 0.5 teaspoon pepper red crushed
- 1 tablespoon thyme leaves dried
- 2 tablespoons garlic minced
- 0.5 teaspoon ground cinnamon
- 2 tablespoons kosher salt
- 0.3 cup olive oil

1 tablespoon sugar

Equipment

Directions

Combine all ingredients. Store in refrigerator up to 2 weeks.

Nutrition Facts



PROTEIN 1.26% **FAT 83.17%** **CARBS 15.57%**

Properties

Glycemic Index:68.55, Glycemic Load:5.13, Inflammation Score:-9, Nutrition Score:7.712173845457%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 285.63kcal (14.28%), Fat: 27.33g (42.05%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 9.79g (3.56%), Sugar: 6.16g (6.84%), Cholesterol: 0mg (0%), Sodium: 6988.05mg (303.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin K: 53.82µg (51.26%), Manganese: 0.6mg (29.82%), Vitamin E: 4.26mg (28.41%), Iron: 3.1mg (17.2%), Calcium: 70.24mg (7.02%), Fiber: 1.73g (6.91%), Vitamin B6: 0.13mg (6.29%), Vitamin A: 234.65IU (4.69%), Vitamin C: 3.52mg (4.26%), Copper: 0.07mg (3.68%), Magnesium: 10.19mg (2.55%), Potassium: 82.03mg (2.34%), Selenium: 1.47µg (2.1%), Phosphorus: 20.45mg (2.04%), Vitamin B1: 0.03mg (1.95%), Zinc: 0.28mg (1.89%), Folate: 6.14µg (1.54%), Vitamin B2: 0.03mg (1.5%), Vitamin B3: 0.24mg (1.18%)