



All-Purpose Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



10

CALORIES



19 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1.5 tablespoons pepper black
- ☐ 1 tablespoon mustard dry
- ☐ 1.5 tablespoons garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 teaspoons ground pepper red
- ☐ 1.5 teaspoons no-salt lemon pepper
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon salt

☐ 1 tablespoon sugar

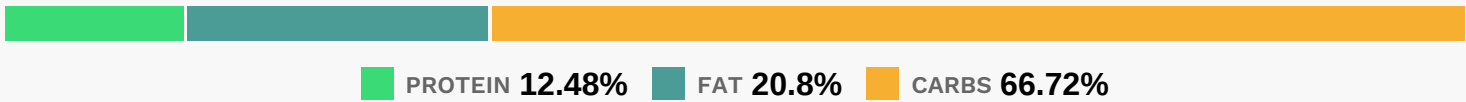
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:2.2460869783941%

Nutrients (% of daily need)

Calories: 19.21kcal (0.96%), Fat: 0.51g (0.79%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.86g (1.04%), Sugar: 1.39g (1.55%), Cholesterol: 0mg (0%), Sodium: 699.78mg (30.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.21mg (10.54%), Vitamin A: 480.2IU (9.6%), Iron: 0.63mg (3.48%), Fiber: 0.85g (3.42%), Selenium: 1.9µg (2.71%), Vitamin K: 2.83µg (2.69%), Vitamin B6: 0.05mg (2.49%), Vitamin E: 0.36mg (2.39%), Magnesium: 8.38mg (2.1%), Copper: 0.04mg (1.81%), Potassium: 62.96mg (1.8%), Phosphorus: 17.23mg (1.72%), Calcium: 13.41mg (1.34%), Vitamin B1: 0.02mg (1.16%), Vitamin B2: 0.02mg (1.07%)