

## Asian Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



12 kcal

SEASONING

MARINADE

## Ingredients

- 1 teaspoon pepper black freshly ground
- 4 teaspoons basil dried
- 4 teaspoons mint dried
- 0.5 teaspoon garlic powder
- 2 teaspoons ground ginger
- 1.5 teaspoons ground pepper red
- 2 teaspoons paprika
- 2 teaspoons salt

# Equipment

## Directions

Combine all of the ingredients. Store in an airtight container for up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:16.8, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:3.9904348072798%

## Nutrients (% of daily need)

Calories: 11.85kcal (0.59%), Fat: 0.31g (0.48%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 933.38mg (40.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Manganese: 0.47mg (23.59%), Vitamin K: 15.5µg (14.76%), Vitamin A: 694.39IU (13.89%), Iron: 1.51mg (8.37%), Fiber: 1.1g (4.42%), Vitamin E: 0.5mg (3.36%), Magnesium: 13.08mg (3.27%), Vitamin B6: 0.06mg (3.2%), Calcium: 30.09mg (3.01%), Potassium: 78.71mg (2.25%), Copper: 0.04mg (2.12%), Vitamin B2: 0.03mg (1.95%), Folate: 5.94µg (1.49%), Vitamin B3: 0.28mg (1.41%), Phosphorus: 10.78mg (1.08%), Zinc: 0.16mg (1.07%)