



Cajun Blackening Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



16 kcal

SEASONING

MARINADE

Ingredients

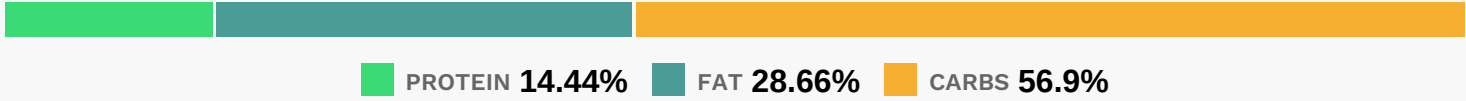
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons thyme dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon kosher salt
- ☐ 2.5 tablespoons paprika

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:4.4456521933493%

Nutrients (% of daily need)

Calories: 15.58kcal (0.78%), Fat: 0.66g (1.01%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 1399.16mg (60.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin A: 1828.32IU (36.57%), Iron: 1.59mg (8.85%), Vitamin K: 8.8µg (8.38%), Manganese: 0.16mg (8.04%), Vitamin E: 1.13mg (7.51%), Fiber: 1.58g (6.31%), Vitamin B6: 0.09mg (4.51%), Potassium: 106.18mg (3.03%), Vitamin B2: 0.05mg (2.89%), Magnesium: 10.34mg (2.59%), Calcium: 22.44mg (2.24%), Vitamin B3: 0.42mg (2.09%), Copper: 0.04mg (2.07%), Phosphorus: 17.05mg (1.7%), Zinc: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.28%)