

Cajun Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



47 kcal

SEASONING

MARINADE

Ingredients



1 teaspoon pepper black



0.5 teaspoon pepper white



0.5 teaspoon ground pepper red (cayenne)



0.5 teaspoon salt



0.5 teaspoon ground cumin



0.5 teaspoon nutmeg



1 tablespoon vegetable oil

Equipment

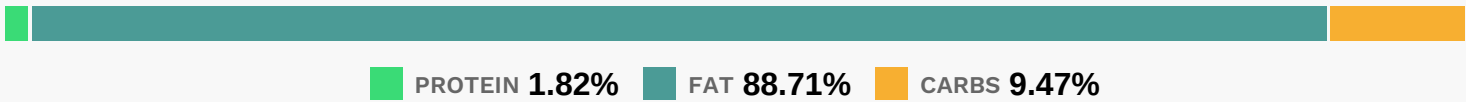
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 grill

Directions

- ☐ Mix all ingredients except oil.
- ☐ Brush oil on both sides of 1 pound chicken, pork or beef. Rub with seasoning mix.
- ☐ Grill meat as desired.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:1.4086956433628%

Nutrients (% of daily need)

Calories: 46.79kcal (2.34%), Fat: 4.82g (7.41%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 388.44mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin K: 9.71µg (9.25%), Manganese: 0.13mg (6.39%), Vitamin E: 0.49mg (3.26%), Vitamin A: 146.92IU (2.94%), Iron: 0.37mg (2.08%), Fiber: 0.45g (1.8%)