



Cajun Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



126 kcal

SEASONING

MARINADE

Ingredients



2 tablespoons pepper black



1 tablespoon ground cumin



1 tablespoon nutmeg



1 tablespoon ground pepper red (cayenne)



1 tablespoon salt



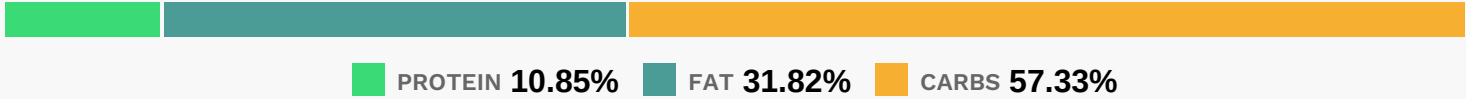
1 tablespoon pepper white

Equipment

Directions

☐ Mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:16.05695648297%

Nutrients (% of daily need)

Calories: 125.99kcal (6.3%), Fat: 5.28g (8.12%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 13.1g (4.76%), Sugar: 2.72g (3.03%), Cholesterol: 0mg (0%), Sodium: 6991.89mg (304%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Manganese: 2.35mg (117.62%), Vitamin A: 2229.48IU (44.59%), Iron: 6.81mg (37.84%), Fiber: 8.32g (33.26%), Vitamin K: 23.98µg (22.84%), Copper: 0.37mg (18.56%), Magnesium: 69.37mg (17.34%), Calcium: 152.17mg (15.22%), Vitamin E: 1.82mg (12.11%), Potassium: 398.51mg (11.39%), Vitamin B6: 0.2mg (10.09%), Phosphorus: 90.78mg (9.08%), Vitamin C: 5.96mg (7.23%), Vitamin B1: 0.09mg (6.19%), Vitamin B2: 0.1mg (5.88%), Zinc: 0.8mg (5.35%), Vitamin B3: 0.95mg (4.76%), Folate: 13.96µg (3.49%), Selenium: 1.69µg (2.41%), Vitamin B5: 0.17mg (1.68%)