



Caribbean Spice Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



113 kcal

SEASONING

MARINADE

Ingredients

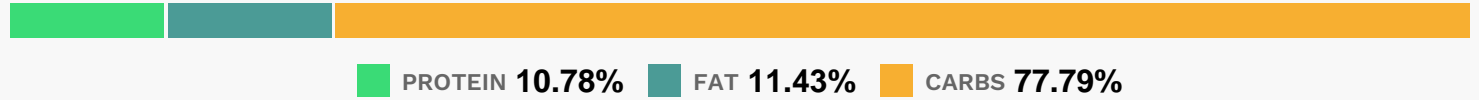
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon thyme leaves dried crushed
- 1 tablespoon garlic powder
- 2 tablespoons ground allspice
- 1 tablespoon ground ginger
- 0.1 teaspoon ground pepper red
- 1 tablespoon onion powder
- 2 teaspoons salt

Equipment

Directions

Combine all ingredients. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:16.33739146979%

Nutrients (% of daily need)

Calories: 113kcal (5.65%), Fat: 1.76g (2.71%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 20.05g (7.29%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 4673.94mg (203.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Manganese: 2.65mg (132.33%), Vitamin K: 70.78µg (67.41%), Iron: 7.66mg (42.57%), Fiber: 6.88g (27.53%), Calcium: 201.5mg (20.15%), Vitamin B6: 0.27mg (13.51%), Magnesium: 51.98mg (13%), Potassium: 407.52mg (11.64%), Copper: 0.23mg (11.33%), Vitamin C: 8.66mg (10.5%), Selenium: 6.29µg (8.99%), Phosphorus: 87.97mg (8.8%), Zinc: 1.1mg (7.35%), Vitamin B1: 0.1mg (6.91%), Vitamin A: 327.8IU (6.56%), Folate: 24.6µg (6.15%), Vitamin B3: 1.14mg (5.71%), Vitamin B2: 0.05mg (3.12%), Vitamin E: 0.46mg (3.04%), Vitamin B5: 0.15mg (1.49%)