



Chile-Thyme Spice Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



15 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 chilies dried stemmed
- ☐ 4 teaspoons sea salt
- ☐ 4 teaspoons thyme sprigs fresh
- ☐ 4 teaspoons lemon zest finely grated

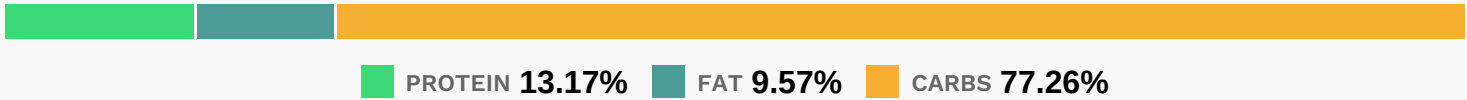
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Pulse chiles in a spice grinder until coarsely ground.
- ☐ Transfer ground chiles to a small bowl and add salt. Scatter lemon zest on a 6x6" piece of parchment paper and microwave on high for 1 minute.
- ☐ Add thyme to parchment and microwave until dry, about 1 minute 30 seconds (time will vary).
- ☐ Let cool and lightly crush zest and thyme; combine with ground chiles and salt. DO AHEAD: Spice mix may be made 1 week ahead. Store airtight at room temperature.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:4.1552173754443%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 3.62mg, Luteolin: 3.62mg, Luteolin: 3.62mg, Luteolin: 3.62mg

Nutrients (% of daily need)

Calories: 15.08kcal (0.75%), Fat: 0.22g (0.33%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.74g (0.83%), Cholesterol: 0mg (0%), Sodium: 9304.03mg (404.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 23.44mg (28.41%), Vitamin A: 648.96IU (12.98%), Fiber: 2.26g (9.02%), Iron: 1.6mg (8.89%), Manganese: 0.17mg (8.49%), Calcium: 49.33mg (4.93%), Magnesium: 15.12mg (3.78%), Vitamin B2: 0.06mg (3.3%), Copper: 0.06mg (3.06%), Vitamin B6: 0.05mg (2.48%), Potassium: 82.14mg (2.35%), Zinc: 0.2mg (1.33%), Vitamin B3: 0.26mg (1.32%), Folate: 5.15µg (1.29%), Phosphorus: 11.03mg (1.1%), Vitamin K: 1.08µg (1.03%)