



Chipotle-Pepper Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



14 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons peppercorns black
- ☐ 3 chipotle chilies dried each 2 in. long
- ☐ 1 tablespoon coarse salt such as sea salt or kosher salt
- ☐ 1 tablespoon cumin seed
- ☐ 1 tablespoon pink peppercorns

Equipment

- ☐ food processor
- ☐ oven

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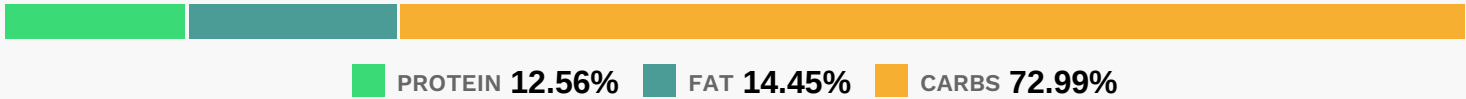
microwave

Directions

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Heat chipotles in a microwave oven at full power (100%) until they puff and smell slightly toasted, 15 to 30 seconds. Trim and discard stems. Slit chilies open; discard seeds and veins. Coarsely chop chilies. In a food processor or spice grinder, combine chilies, black peppercorns, pink peppercorns, salt, and cumin seed. Whirl until finely ground.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:1.6904347926054%

Nutrients (% of daily need)

Calories: 13.91kcal (0.7%), Fat: 0.27g (0.41%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 3.05g (1.01%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.75g (0.84%), Cholesterol: 0mg (0%), Sodium: 584.22mg (25.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Manganese: 0.34mg (16.85%), Fiber: 1.18g (4.74%), Vitamin K: 4.12µg (3.92%), Iron: 0.58mg (3.22%), Copper: 0.04mg (1.9%), Calcium: 16.09mg (1.61%), Magnesium: 6.12mg (1.53%), Potassium: 42.28mg (1.21%)