



## Citrus-Salt Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



28 kcal

SEASONING

MARINADE

## Ingredients

- 1 tablespoon pepper black freshly ground
- 2 tablespoons garlic minced
- 0.3 cup kosher salt
- 2 tablespoons lemon zest
- 2 tablespoons orange zest
- 2 tablespoons oregano fresh chopped

## Equipment

## Directions

Stir together kosher salt, oregano, lemon zest, orange zest, minced garlic, and freshly ground black pepper.

## Nutrition Facts

**PROTEIN 11.35%** **FAT 6.72%** **CARBS 81.93%**

## Properties

Glycemic Index:22.33, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:5.7330435151639%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 27.56kcal (1.38%), Fat: 0.25g (0.39%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 4.1g (1.49%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 12577.32mg (546.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Manganese: 0.54mg (27.15%), Vitamin K: 24.09µg (22.94%), Vitamin C: 12.34mg (14.96%), Fiber: 2.88g (11.53%), Iron: 1.68mg (9.35%), Calcium: 91.33mg (9.13%), Vitamin B6: 0.12mg (6.03%), Vitamin E: 0.65mg (4.36%), Copper: 0.08mg (4.04%), Magnesium: 15.56mg (3.89%), Potassium: 107.44mg (3.07%), Folate: 10.12µg (2.53%), Vitamin B2: 0.03mg (1.99%), Phosphorus: 17.57mg (1.76%), Vitamin A: 86.92IU (1.74%), Vitamin B1: 0.03mg (1.73%), Selenium: 1.11µg (1.58%), Zinc: 0.23mg (1.52%), Vitamin B3: 0.27mg (1.33%), Vitamin B5: 0.12mg (1.23%)