



## Cumin-Coriander Pork Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



73 kcal

SEASONING

MARINADE

### Ingredients

- 4 tablespoons chili powder hot
- 1.5 teaspoons ground allspice
- 2 tablespoons ground coriander
- 6 tablespoons ground cumin
- 1.5 teaspoons pepper black
- 2 tablespoons kosher salt
- 1 tablespoon paprika

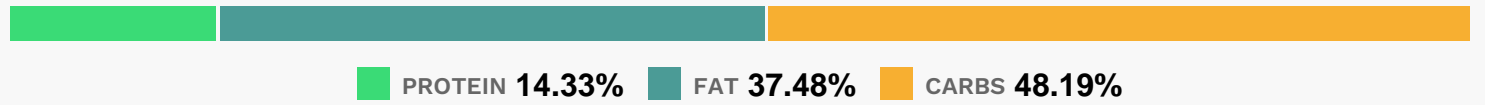
### Equipment

bowl

## Directions

- Combine the kosher salt, coriander, cumin, chili powder, paprika, allspice, and black pepper in a bowl and mix thoroughly. Store in an airtight container at room temperature until ready to use.
- To use, rub 1 tablespoon per serving onto the meat of your choice before grilling or cooking as desired.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:13.654347668523%

## Nutrients (% of daily need)

Calories: 72.55kcal (3.63%), Fat: 3.91g (6.01%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 5.56g (2.02%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 3637.33mg (158.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin A: 3356.4IU (67.13%), Iron: 8.29mg (46.05%), Manganese: 0.64mg (31.9%), Vitamin E: 3.87mg (25.79%), Fiber: 5.74g (22.96%), Magnesium: 58.61mg (14.65%), Calcium: 142.36mg (14.24%), Vitamin B6: 0.25mg (12.39%), Potassium: 407.01mg (11.63%), Vitamin K: 11.57µg (11.02%), Copper: 0.21mg (10.59%), Phosphorus: 86.66mg (8.67%), Vitamin B3: 1.6mg (8%), Vitamin B2: 0.14mg (7.95%), Zinc: 0.99mg (6.63%), Vitamin B1: 0.09mg (5.99%), Selenium: 2.93µg (4.19%), Vitamin C: 1.58mg (1.92%), Vitamin B5: 0.13mg (1.25%), Folate: 4.39µg (1.1%)