



Cumin-Cornmeal Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



104 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons thyme leaves dried
- 1 tablespoon garlic powder
- 2 tablespoons ground cumin
- 3 tablespoons cornmeal yellow

Equipment

- bowl

Directions

- Combine all ingredients in a small bowl; stir well. Store in an airtight container. Use rub to season pork, beef, or chicken.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:6.75, Inflammation Score:-10, Nutrition Score:11.728260879931%

Nutrients (% of daily need)

Calories: 104.38kcal (5.22%), Fat: 2.54g (3.91%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 15.18g (5.52%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 15.28mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin K: 68.95µg (65.67%), Iron: 9.6mg (53.33%), Manganese: 0.65mg (32.5%), Fiber: 3.88g (15.52%), Calcium: 135.52mg (13.55%), Magnesium: 49.89mg (12.47%), Vitamin B6: 0.2mg (10.14%), Phosphorus: 88.29mg (8.83%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.12mg (7.47%), Copper: 0.14mg (7.2%), Potassium: 235.86mg (6.74%), Folate: 18.54µg (4.64%), Vitamin A: 228.2IU (4.56%), Vitamin B3: 0.87mg (4.37%), Vitamin E: 0.58mg (3.88%), Selenium: 2.35µg (3.36%), Vitamin B2: 0.06mg (3.25%), Vitamin C: 2.51mg (3.04%), Vitamin B5: 0.12mg (1.19%)