



## Curry-Thyme Rub

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



124 kcal

SEASONING

MARINADE

## Ingredients

- 3 tablespoons curry powder
- 3 tablespoons thyme leaves dried
- 3 tablespoons garlic powder
- 1 teaspoon ground pepper black
- 1 teaspoon ground pepper red
- 3 tablespoons paprika
- 1 teaspoon poultry seasoning
- 0.5 teaspoon salt

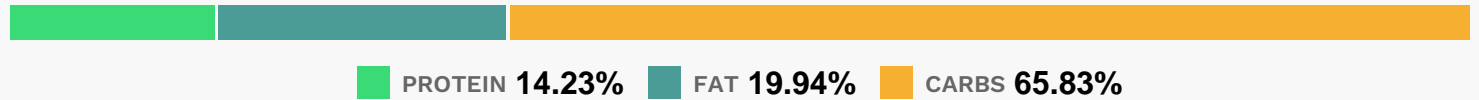
# Equipment

bowl

# Directions

Combine all ingredients in a small bowl, stirring well. Store in an airtight container. Use to season chicken, turkey, rice, vegetables, and soups.

# Nutrition Facts



# Properties

Glycemic Index:44.5, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:26.473913337873%

# Nutrients (% of daily need)

Calories: 123.9kcal (6.2%), Fat: 3.41g (5.25%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 14.74g (5.36%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 604.46mg (26.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Vitamin K: 130.83µg (124.6%), Vitamin A: 5936.3IU (118.73%), Iron: 13.51mg (75.05%), Manganese: 1.36mg (68%), Fiber: 10.59g (42.36%), Vitamin E: 5.89mg (39.24%), Vitamin B6: 0.6mg (30.02%), Calcium: 206.18mg (20.62%), Potassium: 610.66mg (17.45%), Magnesium: 69.47mg (17.37%), Copper: 0.29mg (14.48%), Phosphorus: 132.34mg (13.23%), Vitamin B2: 0.21mg (12.25%), Folate: 43.69µg (10.92%), Zinc: 1.62mg (10.79%), Vitamin B1: 0.15mg (9.83%), Vitamin B3: 1.89mg (9.44%), Selenium: 5.55µg (7.94%), Vitamin C: 5.15mg (6.24%), Vitamin B5: 0.37mg (3.67%)