



## Dry Chimichurri Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



53 kcal

SEASONING

MARINADE

### Ingredients

- 1 tablespoon pepper black freshly ground
- 2 tablespoons kosher salt
- 3 tablespoons basil dried
- 2 tablespoons parsley dried
- 1 tablespoon savoury dried
- 2 teaspoons garlic powder
- 3 tablespoons oregano dried
- 1 teaspoons pepper dried red crushed

- 1 tablespoon paprika smoked
- 2 tablespoons thyme leaves dried

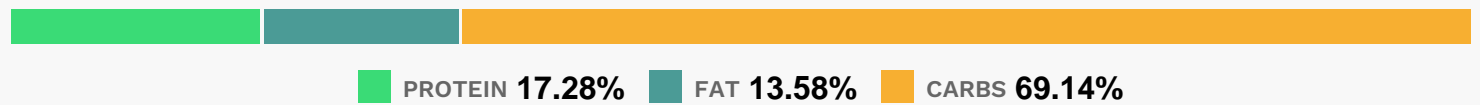
## Equipment

- bowl
- whisk

## Directions

- Whisk all ingredients in medium bowl.
- Transfer to airtight container. DO AHEAD: Can be made 1 month ahead. Store at room temperature.
- \* Sometimes labeled Pimentón Dulce or Pimentón de La Vera Dulce; available at some supermarkets, at specialty foods stores, and from tienda.com.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:17.786087005035%

## Flavonoids

Apigenin: 60.16mg, Apigenin: 60.16mg, Apigenin: 60.16mg, Apigenin: 60.16mg Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg

## Nutrients (% of daily need)

Calories: 53.09kcal (2.65%), Fat: 1.04g (1.61%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 5.28g (1.92%), Sugar: 0.72g (0.8%), Cholesterol: 0mg (0%), Sodium: 4675.98mg (203.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Vitamin K: 123.65µg (117.76%), Manganese: 1.23mg (61.41%), Iron: 7.75mg (43.05%), Vitamin A: 1754.44IU (35.09%), Fiber: 6.68g (26.72%), Calcium: 238.63mg (23.86%), Magnesium: 67.48mg (16.87%), Vitamin E: 2.43mg (16.19%), Vitamin B6: 0.25mg (12.45%), Vitamin C: 9.67mg (11.72%), Copper: 0.22mg (11.09%), Potassium: 357mg (10.2%), Vitamin B2: 0.17mg (9.97%), Folate: 31.36µg (7.84%), Zinc: 0.83mg (5.53%), Vitamin B3: 1.02mg (5.12%), Phosphorus: 50.82mg (5.08%), Vitamin B1: 0.04mg (2.64%), Vitamin B5: 0.22mg (2.2%), Selenium: 1.43µg (2.05%)