



Dry Rub for All Occasions



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



170 kcal

SEASONING

MARINADE

Ingredients



1 teaspoon cumin



1 teaspoon curry powder



1 teaspoon rosemary dried crushed



1 teaspoon mustard dry



1 teaspoon ground allspice



1 teaspoon ground pepper



1 teaspoon ground coriander



1 teaspoon ground ginger

- ☐ 1 teaspoon mace
- ☐ 1.5 cups brown sugar light
- ☐ 2 tablespoons paprika
- ☐ 4.5 teaspoons lawry's seasoned salt
- ☐ 1 teaspoon pepper white

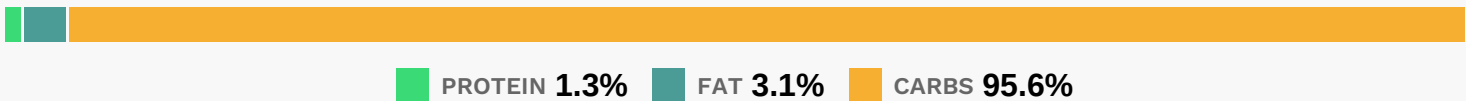
Equipment

- ☐ food processor

Directions

- ☐ Place the cumin, ground coriander, curry powder, white pepper, ground ginger, allspice, cayenne pepper, seasoned salt, paprika, brown sugar, dry mustard, ground mace, and crushed rosemary in a food processor. Process the spice mixture until thoroughly blended. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:3.2591304830883%

Nutrients (% of daily need)

Calories: 169.71kcal (8.49%), Fat: 0.61g (0.95%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 42.68g (14.23%), Net Carbohydrates: 41.55g (15.11%), Sugar: 40.26g (44.73%), Cholesterol: 0mg (0%), Sodium: 1322.05mg (57.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin A: 975.5IU (19.51%), Manganese: 0.2mg (9.89%), Iron: 1.14mg (6.32%), Calcium: 48.78mg (4.88%), Fiber: 1.13g (4.54%), Vitamin E: 0.66mg (4.4%), Potassium: 120.78mg (3.45%), Vitamin B6: 0.07mg (3.42%), Magnesium: 12.07mg (3.02%), Copper: 0.05mg (2.66%), Selenium: 1.43µg (2.05%), Vitamin K: 1.88µg (1.79%), Vitamin B2: 0.03mg (1.69%), Vitamin B3: 0.32mg (1.58%), Phosphorus: 14.52mg (1.45%), Zinc: 0.17mg (1.12%), Vitamin B5: 0.1mg (1.02%)