



WHATSheATE



Fennel Seed-Salt Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



108 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons peppercorns whole black
- ☐ 2 large pinches ground pepper
- ☐ 0.3 cup fennel seeds
- ☐ 1.5 tablespoons kosher salt

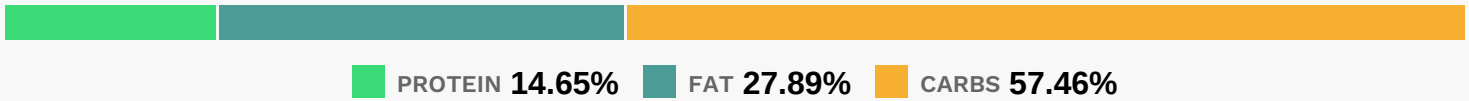
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toast fennel seeds in a small heavy dry skillet over medium heat, shaking skillet often, until fragrant, 1–2 minutes.
- ☐ Let cool. Finely grind fennel seeds and whole black peppercorns in a spice mill; transfer to a small bowl. Stir in kosher salt and cayenne pepper. DO AHEAD: Can be made 1 month ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:16.158260762691%

Nutrients (% of daily need)

Calories: 107.8kcal (5.39%), Fat: 4.05g (6.23%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 6.86g (2.5%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 10487.26mg (455.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Manganese: 2.69mg (134.59%), Fiber: 11.92g (47.7%), Calcium: 323.5mg (32.35%), Iron: 5.36mg (29.8%), Magnesium: 106.91mg (26.73%), Copper: 0.38mg (18.9%), Vitamin A: 911.39IU (18.23%), Potassium: 549.01mg (15.69%), Vitamin K: 16.01µg (15.25%), Phosphorus: 131.77mg (13.18%), Vitamin B6: 0.18mg (9.14%), Vitamin B3: 1.67mg (8.33%), Vitamin C: 6.36mg (7.71%), Vitamin B1: 0.11mg (7.33%), Zinc: 1.03mg (6.88%), Vitamin B2: 0.12mg (6.79%), Vitamin E: 0.69mg (4.59%), Vitamin B5: 0.12mg (1.23%)