



Fire-and-Spice Rub

 Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



2 kcal

SEASONING

MARINADE

Ingredients

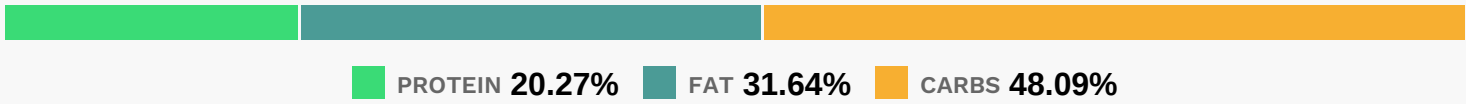
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons rosemary dried
- ☐ 2 teaspoons thyme dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 tablespoons pepper black
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:2.23, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.30434782511514%

Nutrients (% of daily need)

Calories: 1.78kcal (0.09%), Fat: 0.07g (0.11%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0g (0%), Cholesterol: 0.18mg (0.06%), Sodium: 15.87mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Manganese: 0.04mg (1.98%), Vitamin K: 1.84µg (1.75%)