

## Fresh Zaatar Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



8 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 0.3 cup thyme sprigs fresh chopped
- ☐ 1 tablespoon sumac powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 tablespoon sesame seed

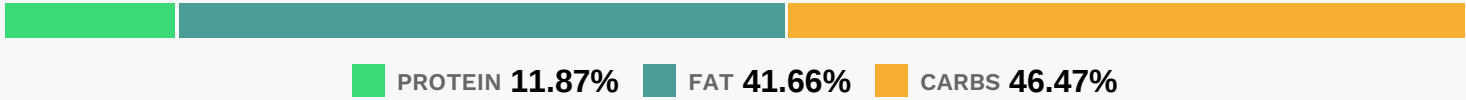
## Equipment

- ☐ bowl

# Directions

- ☐ Combine all ingredients in a bowl.
- ☐ \*Find sumac, an edible, tart dried berry, in the spice aisle or at [worldspice.com](http://worldspice.com)

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:1.5308695688196%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg

## Nutrients (% of daily need)

Calories: 8.37kcal (0.42%), Fat: 0.46g (0.71%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 116.71mg (5.07%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin K: 6.22µg (5.92%), Manganese: 0.09mg (4.46%), Iron: 0.68mg (3.79%), Calcium: 28.4mg (2.84%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.27%), Vitamin C: 1.82mg (2.21%), Magnesium: 7.31mg (1.83%), Vitamin A: 70.53IU (1.41%), Vitamin E: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.03%)