



Herb spice rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



80 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon marjoram dried
- 1 teaspoon thyme leaves dried
- 1 teaspoon mustard dry
- 2 teaspoons garlic powder
- 1 teaspoon ground coriander
- 2 teaspoons onion powder
- 0.3 cup paprika
- 1 teaspoon pepper

1 teaspoon rubbed sage

1.5 teaspoons salt

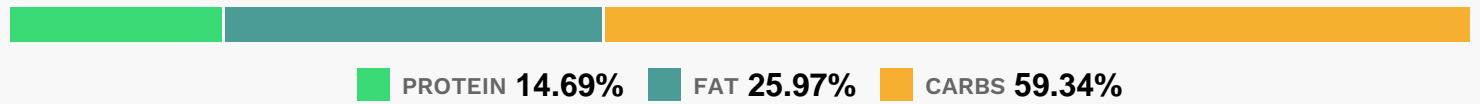
Equipment

bowl

Directions

In a bowl, mix paprika, garlic powder, onion powder, salt, dry mustard, ground coriander, ground or rubbed sage, dried marjoram, dried thyme, and pepper.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:16.449565151463%

Nutrients (% of daily need)

Calories: 79.75kcal (3.99%), Fat: 2.98g (4.59%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 7.46g (2.71%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 1760.61mg (76.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin A: 8897.48IU (177.95%), Vitamin E: 5.37mg (35.78%), Fiber: 7.88g (31.5%), Iron: 5.09mg (28.3%), Manganese: 0.56mg (28.03%), Vitamin K: 25.98µg (24.74%), Vitamin B6: 0.46mg (23.05%), Potassium: 504.96mg (14.43%), Vitamin B2: 0.24mg (13.93%), Magnesium: 46.85mg (11.71%), Vitamin B3: 1.95mg (9.75%), Copper: 0.19mg (9.61%), Phosphorus: 90.53mg (9.05%), Calcium: 77.8mg (7.78%), Zinc: 1.11mg (7.4%), Selenium: 4.56µg (6.52%), Vitamin B1: 0.1mg (6.41%), Vitamin B5: 0.51mg (5.11%), Folate: 14.94µg (3.74%), Vitamin C: 1.24mg (1.5%)