



## Herbed Garlic Pepper Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



6 kcal

SEASONING

MARINADE

### Ingredients

- 1.5 teaspoons oregano dried
- 1 teaspoon garlic
- 0.5 teaspoon salt
- 0.5 teaspoon onion powder
- 0.5 teaspoon chili powder
- 0.1 teaspoon ground pepper red (cayenne)

### Equipment

- grill

## Directions

- Mix all ingredients.
- Spread rub evenly on 1 pound boneless meat (pork or beef). Cover and refrigerate 15 minutes. Grill meat as desired.

## Nutrition Facts



## Properties

Glycemic Index:22.33, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:1.3682608597952%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 6.48kcal (0.32%), Fat: 0.11g (0.17%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 393.73mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin K: 6.67µg (6.35%), Manganese: 0.08mg (3.96%), Vitamin A: 150.61IU (3.01%), Iron: 0.47mg (2.59%), Fiber: 0.64g (2.54%), Vitamin E: 0.34mg (2.24%), Calcium: 20.52mg (2.05%), Vitamin B6: 0.03mg (1.71%)