

Jackie's Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



25 kcal

SEASONING

MARINADE

Ingredients



2 tablespoons rosemary dried



2 tablespoons thyme leaves dried



2 tablespoons kosher salt



2 tablespoons peppercorns white

Equipment



bowl

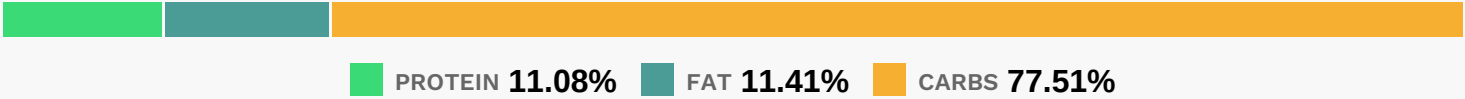


mortar and pestle

Directions

☐ Combine dried rosemary, dried thyme, kosher salt, and white peppercorns in a mortar bowl or spice grinder; grind using a pestle or grinder until herbs and pepper become a medium-fine powder. Store in an airtight container in a cool, dark place up to 6 months.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:4.377826138683%

Nutrients (% of daily need)

Calories: 24.57kcal (1.23%), Fat: 0.37g (0.56%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 2792.15mg (121.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin K: 27.43µg (26.13%), Manganese: 0.4mg (20.12%), Iron: 3.08mg (17.12%), Fiber: 2.48g (9.93%), Calcium: 57.88mg (5.79%), Copper: 0.07mg (3.71%), Vitamin C: 2.53mg (3.07%), Magnesium: 10.68mg (2.67%), Folate: 7.43µg (1.86%), Vitamin A: 85.82IU (1.72%), Vitamin B6: 0.03mg (1.43%), Phosphorus: 14.19mg (1.42%), Zinc: 0.2mg (1.33%), Vitamin B2: 0.02mg (1.02%)