



WHATSheATE



Lemon-Pepper Salt Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



59 kcal

SEASONING

MARINADE

Ingredients



2 tablespoons peppercorns whole black



1 tablespoon kosher salt



3 tablespoons lemon zest finely grated

Equipment

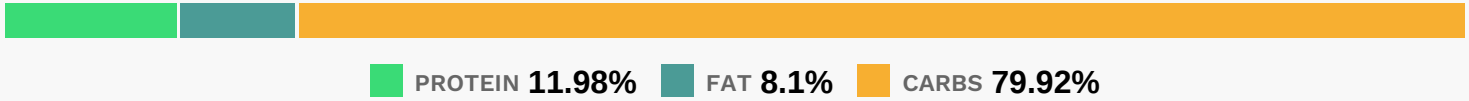


bowl

Directions

- ☐
- Finely crush whole black peppercorns in a spice mill.
- ☐
- Transfer to a small bowl; stir in lemon zest and kosher salt. Rub seasoning between your fingertips to break up any clumps of zest. DO AHEAD:Can be made 3 days ahead. Store airtightat room temperature.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.47, Inflammation Score:-4, Nutrition Score:11.734347861746%

Nutrients (% of daily need)

Calories: 58.66kcal (2.93%), Fat: 0.71g (1.09%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 8.7g (3.16%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 6981.52mg (303.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Manganese: 2.57mg (128.43%), Vitamin K: 32.74µg (31.18%), Vitamin C: 23.22mg (28.15%), Fiber: 6.97g (27.87%), Copper: 0.29mg (14.4%), Iron: 2.15mg (11.92%), Calcium: 117.04mg (11.7%), Magnesium: 37.08mg (9.27%), Potassium: 296.04mg (8.46%), Vitamin B6: 0.09mg (4.46%), Phosphorus: 33.76mg (3.38%), Vitamin B5: 0.34mg (3.37%), Vitamin B2: 0.05mg (2.96%), Vitamin A: 118.4IU (2.37%), Vitamin B1: 0.03mg (2.16%), Zinc: 0.3mg (2.01%), Vitamin E: 0.25mg (1.69%), Selenium: 1.12µg (1.61%), Vitamin B3: 0.3mg (1.5%), Folate: 5.74µg (1.43%)