



Malaysian Curry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



36 kcal

SEASONING

MARINADE

Ingredients

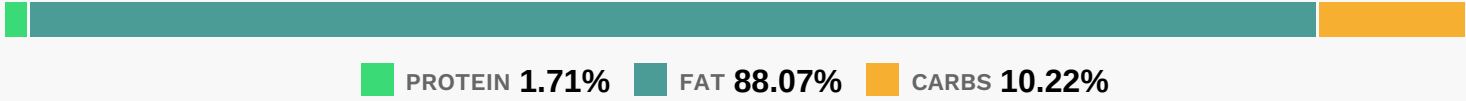
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon madras curry powder
- ☐ 2 teaspoons cilantro leaves fresh finely chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 1 teaspoon ground turmeric
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon lemon rind grated

Equipment

Directions

☐ Combine canola oil, turmeric, curry powder, cilantro, lemon rind, garlic, and kosher salt.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:0.9752173875661%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 35.7kcal (1.78%), Fat: 3.62g (5.58%), Saturated Fat: 0.29g (1.78%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 145.97mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin E: 0.74mg (4.94%), Manganese: 0.07mg (3.69%), Vitamin K: 3.23µg (3.08%), Iron: 0.37mg (2.08%), Fiber: 0.34g (1.37%), Vitamin C: 1.08mg (1.31%), Vitamin B6: 0.03mg (1.25%)