



Mediterranean Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



2 kcal

SEASONING

MARINADE

Ingredients

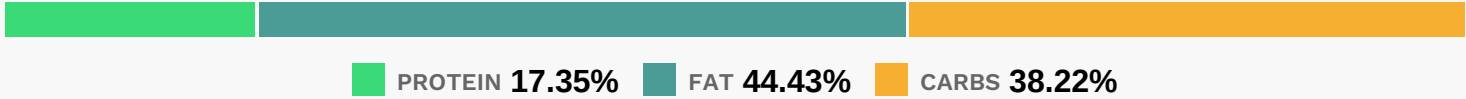
- ☐ 1 tablespoon chives
- ☐ 2 tablespoons fennel seeds crushed
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon lemon pepper
- ☐ 1 tablespoon mustard seeds crushed
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:0.58, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.19130434646555%

Nutrients (% of daily need)

Calories: 1.65kcal (0.08%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.03%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 9.29mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Manganese: 0.02mg (1.03%)