

Mexican Mole Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



16 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons espresso powder instant
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons paprika smoked
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 1 tablespoon water

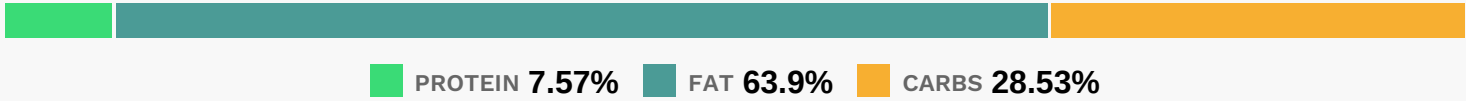
Equipment

bowl

Directions

Combine water and espresso powder in a small bowl, stirring until espresso dissolves. Stir in paprika, cocoa, cumin, olive oil, and salt.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:1.4547825816857%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 15.87kcal (0.79%), Fat: 1.28g (1.96%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 147.31mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.27mg (5.43%), Protein: 0.34g (0.68%), Vitamin A: 498.89IU (9.98%), Iron: 0.61mg (3.37%), Vitamin E: 0.45mg (3.01%), Manganese: 0.05mg (2.55%), Fiber: 0.49g (1.98%), Magnesium: 6.53mg (1.63%), Potassium: 53.28mg (1.52%), Vitamin K: 1.45µg (1.38%), Vitamin B3: 0.27mg (1.35%), Vitamin B6: 0.02mg (1.2%), Copper: 0.02mg (1.12%)