



Moroccan Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



4 kcal

SEASONING

MARINADE

Ingredients

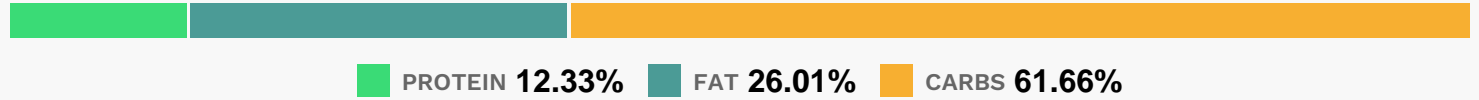
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground pepper red
- 1 teaspoon hungarian paprika sweet
- 0.3 teaspoon salt

Equipment

Directions

- Combine paprika, cumin, cinnamon, salt, ginger, ground red pepper, and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.0243478197119%

Nutrients (% of daily need)

Calories: 4.09kcal (0.2%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 146.22mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.33%), Vitamin A: 302.92IU (6.06%), Manganese: 0.12mg (6.02%), Iron: 0.34mg (1.89%), Fiber: 0.42g (1.67%), Vitamin E: 0.2mg (1.32%)