



Moroccan Spice Rub



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



310 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 handful cilantro sprigs fresh
- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 serving simple roast chicken

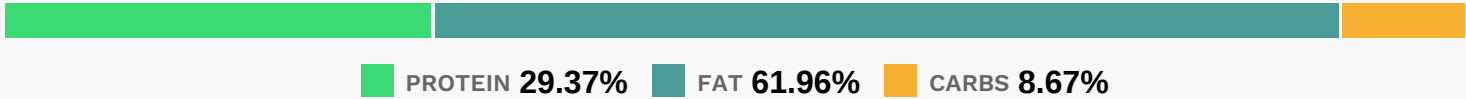
Equipment

☐ bowl

Directions

- ☐ Before roasting the chicken, combine the cumin, curry, ginger, salt, and cayenne in a small bowl.
- ☐ Add the oil and combine. Use your fingers to carefully loosen the skin from the breasts, thighs, and drumsticks.
- ☐ Spread the spice mixture evenly under the skin.
- ☐ Place the cilantro inside the cavity. Roast the chicken according to the recipe.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:15.931304091993%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 310.42kcal (15.52%), Fat: 21.72g (33.41%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 4.35g (1.58%), Sugar: 0.4g (0.44%), Cholesterol: 63.75mg (21.25%), Sodium: 1241.46mg (53.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.32%), Manganese: 1.08mg (54.1%), Iron: 6.79mg (37.71%), Vitamin B3: 7.39mg (36.96%), Selenium: 23.1µg (33.01%), Vitamin K: 25.56µg (24.34%), Vitamin B6: 0.45mg (22.57%), Vitamin E: 3.34mg (22.3%), Phosphorus: 213.85mg (21.38%), Magnesium: 56.08mg (14.02%), Vitamin A: 629.06IU (12.58%), Zinc: 1.85mg (12.33%), Potassium: 421.34mg (12.04%), Vitamin B2: 0.17mg (10.02%), Fiber: 2.49g (9.95%), Calcium: 91.74mg (9.17%), Vitamin B5: 0.86mg (8.59%), Copper: 0.15mg (7.72%), Vitamin B1: 0.11mg (7.05%), Vitamin B12: 0.25µg (4.11%), Folate: 14.28µg (3.57%), Vitamin C: 2.39mg (2.9%)