



North African Inspired Rub for Fish and Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 servings canola oil
- ☐ 1 pinch cayenne powder
- ☐ 1.5 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground turmeric

- ☐ 1 tablespoon kosher salt
- ☐ 24 ounce chicken breasts boneless skinless

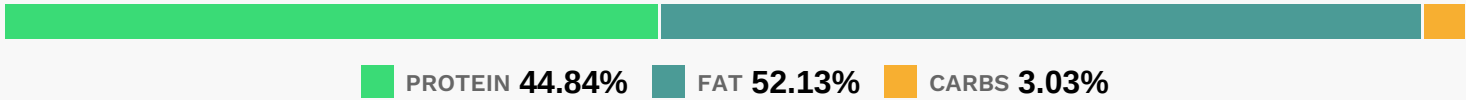
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to medium-high.
- ☐ Combine all the spices in a small bowl.
- ☐ Brush both sides of fish fillets or chicken breasts with oil. Rub 1 side of the fish fillets or chicken breasts with the rub and grill, rub side down, until golden brown and a crust has formed, about 4 minutes. Flip over and continue cooking for 3 to 5 minutes.
- ☐ [Click here for Bobby's Buttermilk Southwestern Grilled Chicken.](#)

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:18.934348096018%

Nutrients (% of daily need)

Calories: 330.23kcal (16.51%), Fat: 18.88g (29.05%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.07g (0.08%), Cholesterol: 108.86mg (36.29%), Sodium: 1944.89mg (84.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Vitamin B3: 17.87mg (89.37%), Selenium: 54.61µg (78.01%), Vitamin B6: 1.29mg (64.72%), Phosphorus: 368.22mg (36.82%), Vitamin B5: 2.43mg (24.34%), Potassium: 687.38mg (19.64%), Vitamin E: 2.87mg (19.12%), Manganese: 0.34mg (16.83%), Magnesium: 53.08mg (13.27%), Iron: 2.01mg (11.18%), Vitamin K: 11.54µg (10.99%), Vitamin B2: 0.18mg (10.48%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.11mg (7.42%), Vitamin B12: 0.34µg (5.67%), Calcium: 39.19mg (3.92%), Copper: 0.08mg (3.84%), Fiber: 0.96g (3.83%), Vitamin C: 2.63mg (3.19%), Folate: 7.58µg (1.89%), Vitamin A: 89.48IU (1.79%), Vitamin D: 0.17µg (1.13%)