



Paprika-Ancho Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



81 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 1.5 teaspoons cayenne pepper
- ☐ 1 teaspoon cinnamon
- ☐ 1.5 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 tablespoons kosher salt
- ☐ 0.3 cup brown sugar light
- ☐ 1 tablespoon oregano dried

☐

0.3 cup paprika sweet

Equipment

☐

bowl

Directions

☐

In a bowl, stir the ingredients together.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:7.5143478383189%

Nutrients (% of daily need)

Calories: 81.46kcal (4.07%), Fat: 1.09g (1.68%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 16.53g (6.01%), Sugar: 14.94g (16.6%), Cholesterol: 0mg (0%), Sodium: 2806.85mg (122.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin A: 3057.03IU (61.14%), Vitamin E: 2.11mg (14.1%), Manganese: 0.28mg (13.93%), Iron: 2.23mg (12.37%), Fiber: 3.02g (12.07%), Vitamin K: 11.61µg (11.06%), Vitamin B6: 0.16mg (7.98%), Calcium: 58.01mg (5.8%), Potassium: 194.4mg (5.55%), Vitamin B2: 0.08mg (4.91%), Magnesium: 18.46mg (4.61%), Vitamin B3: 0.75mg (3.77%), Copper: 0.07mg (3.5%), Phosphorus: 25.91mg (2.59%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.03mg (1.8%), Vitamin B5: 0.17mg (1.69%), Folate: 6.21µg (1.55%), Selenium: 0.76µg (1.09%), Vitamin C: 0.83mg (1.01%)