



Paprika Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



23 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 2 large cloves garlic minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 teaspoons hungarian paprika sweet
- ☐ 1 teaspoon olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon salt

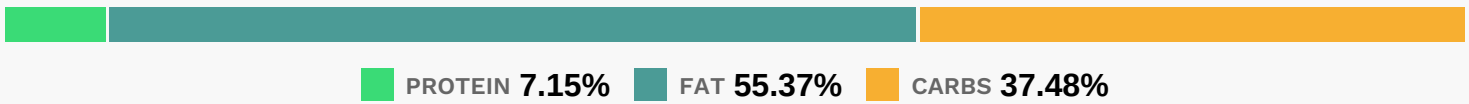
Equipment

- ☐ bowl

Directions

- ☐ Combine dried herbs, spices, garlic, and olive oil in a small bowl; stir well. Rub mixture onto chicken, beef, or pork before cooking.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:3.1556521394978%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 22.96kcal (1.15%), Fat: 1.61g (2.48%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.2g (0.23%), Cholesterol: 0mg (0%), Sodium: 195.59mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin A: 723.87IU (14.48%), Vitamin K: 14.96µg (14.25%), Manganese: 0.16mg (7.92%), Iron: 1.24mg (6.91%), Vitamin E: 0.77mg (5.12%), Fiber: 1.1g (4.39%), Vitamin B6: 0.07mg (3.32%), Calcium: 28.63mg (2.86%), Magnesium: 6.41mg (1.6%), Potassium: 55.28mg (1.58%), Vitamin B2: 0.03mg (1.5%), Copper: 0.03mg (1.42%), Vitamin C: 1.02mg (1.24%), Vitamin B3: 0.21mg (1.07%), Phosphorus: 10.06mg (1.01%)