



HEALTH SCORE

100%

Paul's Chicken Rub



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



5

CALORIES



188 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup garlic powder
- 3 tablespoons oregano dried
- 0.3 cup paprika
- 1 cup greek seasoning

Equipment

Directions

Combine all ingredients. Store in an airtight container.

Note: For testing purposes only, we used Cavender's All Purpose Greek Seasoning.

Nutrition Facts

PROTEIN 12.07% **FAT 11%** **CARBS 76.93%**

Properties

Glycemic Index:6, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:37.85260855115%

Nutrients (% of daily need)

Calories: 187.72kcal (9.39%), Fat: 2.94g (4.52%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 21.86g (7.95%), Sugar: 2.9g (3.23%), Cholesterol: 0mg (0%), Sodium: 23.35mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin K: 317.21µg (302.1%), Manganese: 2.71mg (135.63%), Iron: 20.33mg (112.93%), Fiber: 24.33g (97.34%), Calcium: 825.28mg (82.53%), Vitamin E: 10.84mg (72.26%), Vitamin A: 3515.62IU (70.31%), Vitamin B6: 0.84mg (41.83%), Magnesium: 154.58mg (38.64%), Folate: 127.46µg (31.86%), Potassium: 898.25mg (25.66%), Copper: 0.42mg (21%), Vitamin B2: 0.35mg (20.52%), Vitamin B3: 2.97mg (14.86%), Phosphorus: 140.4mg (14.04%), Zinc: 1.94mg (12.94%), Vitamin B1: 0.16mg (10.56%), Selenium: 5.43µg (7.76%), Vitamin B5: 0.69mg (6.87%), Vitamin C: 1.35mg (1.63%)