



Pepper-Garlic Spice Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



32 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons pepper black freshly ground
- 1 tablespoon chili powder
- 1 tablespoon brown sugar dark
- 1.5 teaspoons mustard dry
- 2 teaspoons sage fresh chopped
- 1 tablespoon garlic powder
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin

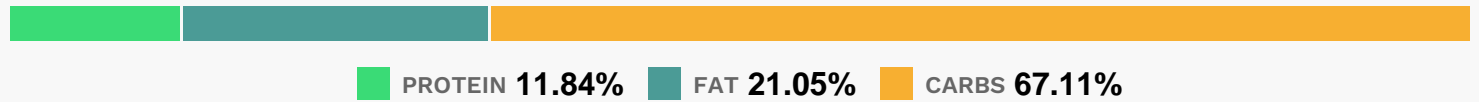
- 1 teaspoon ground pepper red
- 1 tablespoon hungarian paprika sweet

Equipment

Directions

- Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:8.8265217076177%

Nutrients (% of daily need)

Calories: 32.15kcal (1.61%), Fat: 0.9g (1.38%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.29g (2.54%), Cholesterol: 0mg (0%), Sodium: 25.85mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Copper: 2.09mg (104.53%), Vitamin A: 1128.23IU (22.56%), Manganese: 0.42mg (21.22%), Iron: 1.4mg (7.8%), Fiber: 1.91g (7.63%), Vitamin E: 1.02mg (6.83%), Vitamin K: 5.96µg (5.67%), Vitamin B6: 0.09mg (4.73%), Magnesium: 15.72mg (3.93%), Potassium: 127.14mg (3.63%), Calcium: 33.41mg (3.34%), Selenium: 1.98µg (2.83%), Phosphorus: 26.48mg (2.65%), Vitamin B2: 0.04mg (2.39%), Vitamin B3: 0.4mg (1.99%), Zinc: 0.27mg (1.81%), Vitamin B1: 0.03mg (1.81%)