



Pork Spice Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



76 kcal

SEASONING

MARINADE

Ingredients

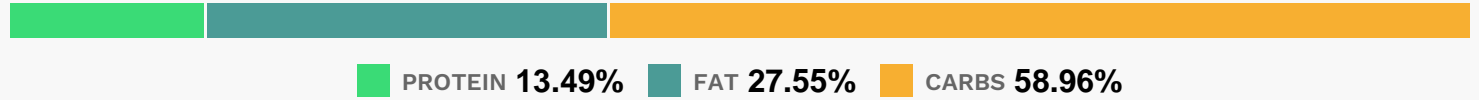
- 1.5 teaspoons aniseed
- 1 tablespoons chipotle sauce
- 3 tablespoons cumin seeds
- 1 tablespoon kosher salt
- 2 tablespoons oregano dried

Equipment

Directions

- Finely grind all ingredients in grinder.
- Spice rub keeps in a sealed container in a cool, dark place 6 months.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:9.4160869976749%

Nutrients (% of daily need)

Calories: 76.38kcal (3.82%), Fat: 2.77g (4.27%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 7.95g (2.89%), Sugar: 3.47g (3.86%), Cholesterol: 0mg (0%), Sodium: 3511.19mg (152.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Iron: 8.4mg (46.65%), Vitamin K: 31.57µg (30.07%), Manganese: 0.59mg (29.65%), Fiber: 5.4g (21.61%), Calcium: 175.49mg (17.55%), Magnesium: 49.08mg (12.27%), Vitamin E: 1.21mg (8.08%), Potassium: 246.26mg (7.04%), Copper: 0.13mg (6.3%), Phosphorus: 58.91mg (5.89%), Vitamin B6: 0.1mg (5.05%), Vitamin B1: 0.07mg (4.7%), Zinc: 0.65mg (4.37%), Vitamin A: 204.01IU (4.08%), Vitamin B2: 0.06mg (3.54%), Vitamin B3: 0.69mg (3.45%), Folate: 12.9µg (3.22%), Vitamin C: 1.12mg (1.36%), Selenium: 0.78µg (1.11%)