



Potato Salad Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



5 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.1 teaspoon celery seeds
- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon paprika
- ☐ 1.3 teaspoons pepper
- ☐ 2 teaspoons salt

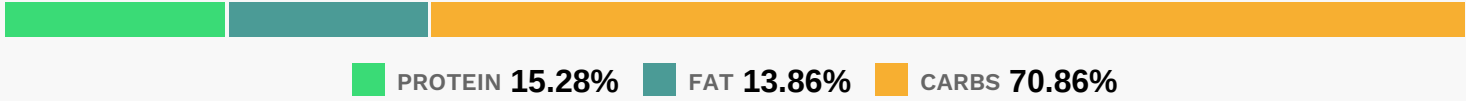
Equipment

Directions

☐

Stir together all ingredients. Store in an airtight container up to 1 month.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:0.87869565043113%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Nutrients (% of daily need)

Calories: 4.72kcal (0.24%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 931.03mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Manganese: 0.09mg (4.31%), Vitamin A: 201.83IU (4.04%), Vitamin K: 2µg (1.9%), Iron: 0.26mg (1.45%), Fiber: 0.35g (1.39%), Vitamin B6: 0.02mg (1.04%)