



Robert's Rosemary Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



4 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon garlic dried minced
- 1 teaspoon rosemary dried
- 1 teaspoon ground pepper black
- 1 teaspoon salt

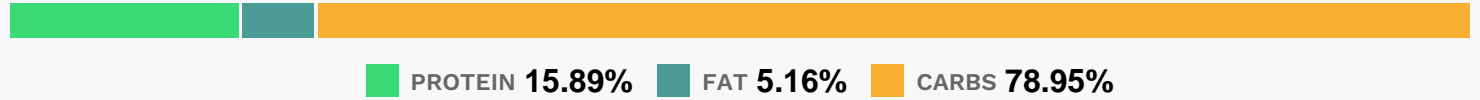
Equipment

- bowl

Directions

In a small bowl, mix rosemary, garlic, salt, and pepper. Rub onto both sides of steaks before grilling as desired.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.43608695600668%

Nutrients (% of daily need)

Calories: 3.82kcal (0.19%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 581.93mg (25.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Manganese: 0.07mg (3.65%)