



Rosemary-Garlic Rub

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



9 kcal

SEASONING

MARINADE

Ingredients

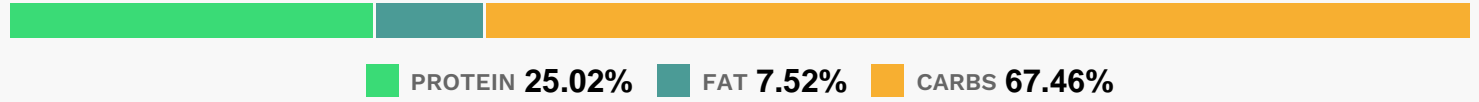
- 2 tablespoons yogurt plain fat-free
- 2 tablespoons rosemary fresh chopped
- 1 teaspoon thyme leaves fresh minced
- 3 garlic cloves crushed
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 0.3 teaspoon salt

Equipment

Directions

- Combine all ingredients.
- Note: Store the rub in the refrigerator for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:0.99347826579343%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 9.37kcal (0.47%), Fat: 0.08g (0.13%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.72g (0.8%), Cholesterol: 0.16mg (0.05%), Sodium: 123.03mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin C: 2.87mg (3.48%), Calcium: 23.85mg (2.39%), Manganese: 0.05mg (2.29%), Phosphorus: 16.53mg (1.65%), Vitamin B6: 0.03mg (1.62%), Vitamin B2: 0.02mg (1.44%), Potassium: 38.83mg (1.11%)