



Rustic Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SEASONING

MARINADE

Ingredients

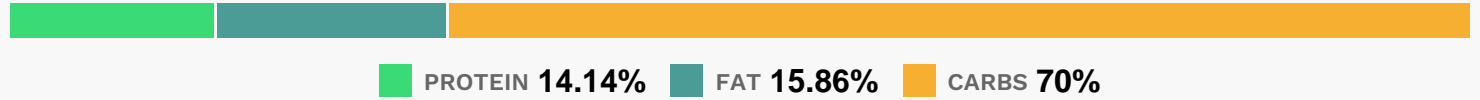
- 2.5 tablespoons pepper black freshly ground
- 1 tablespoon thyme leaves dried
- 3 tablespoons garlic powder
- 1.5 tablespoons ground pepper red
- 1.5 tablespoons onion powder
- 1 tablespoon oregano dried
- 0.3 cup paprika
- 3 tablespoons salt

Equipment

Directions

Stir together all ingredients. Store in an airtight container up to 3 months.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.04, Inflammation Score:-10, Nutrition Score:14.194782682087%

Nutrients (% of daily need)

Calories: 69.29kcal (3.46%), Fat: 1.51g (2.33%), Saturated Fat: 0.33g (2.03%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 9.39g (3.41%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 5244.61mg (228.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin A: 4184.61IU (83.69%), Manganese: 0.87mg (43.52%), Vitamin K: 38.11µg (36.3%), Iron: 4.12mg (22.88%), Fiber: 5.65g (22.62%), Vitamin E: 2.91mg (19.42%), Vitamin B6: 0.34mg (16.9%), Potassium: 363.91mg (10.4%), Calcium: 91.77mg (9.18%), Copper: 0.17mg (8.65%), Magnesium: 34.57mg (8.64%), Vitamin B2: 0.13mg (7.54%), Phosphorus: 69.77mg (6.98%), Vitamin B3: 1.05mg (5.24%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.78mg (5.19%), Folate: 16.14µg (4.03%), Selenium: 2.7µg (3.86%), Vitamin C: 2.71mg (3.28%), Vitamin B5: 0.3mg (2.97%)