



Shrimp Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



46 kcal

SEASONING

MARINADE

Ingredients



1.5 teaspoons celery seed



3 tablespoons coriander seeds



3 tablespoons dill dried



1 tablespoon kosher salt



1 tablespoon oregano dried

Equipment

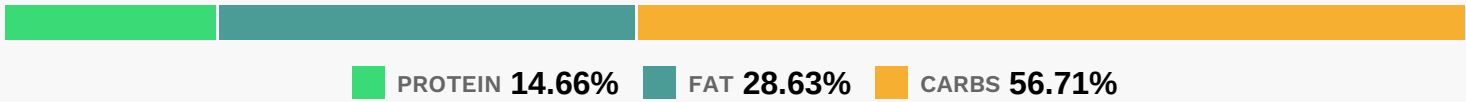


frying pan

Directions

- ☐ Toast coriander in a dry small heavy skillet over medium heat, shaking skillet frequently, until fragrant and a shade or two darker, about 3 minutes. Cool, then finely grind with remaining ingredients in grinder.
- ☐ Spice rub keeps in a sealed container in a cool, dark place 6 months.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.03, Inflammation Score:-9, Nutrition Score:8.0834782428068%

Flavonoids

Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Luteolin: 11.44mg, Luteolin: 11.44mg, Luteolin: 11.44mg, Luteolin: 11.44mg

Nutrients (% of daily need)

Calories: 46.24kcal (2.31%), Fat: 2.02g (3.1%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 3.99g (1.45%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 3503.23mg (152.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Manganese: 0.57mg (28.38%), Iron: 5.04mg (28.01%), Calcium: 202.04mg (20.2%), Fiber: 4.99g (19.98%), Vitamin K: 15.54µg (14.8%), Magnesium: 58.49mg (14.62%), Potassium: 297.11mg (8.49%), Copper: 0.13mg (6.71%), Phosphorus: 67.01mg (6.7%), Vitamin A: 306.55IU (6.13%), Vitamin B6: 0.12mg (5.82%), Vitamin C: 4.14mg (5.02%), Zinc: 0.68mg (4.54%), Selenium: 2.27µg (3.24%), Vitamin E: 0.47mg (3.15%), Vitamin B1: 0.05mg (3.08%), Vitamin B2: 0.05mg (3.06%), Vitamin B3: 0.45mg (2.24%), Folate: 6.07µg (1.52%)