

Southwestern Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



9

CALORIES



17 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1 large clove garlic finely chopped

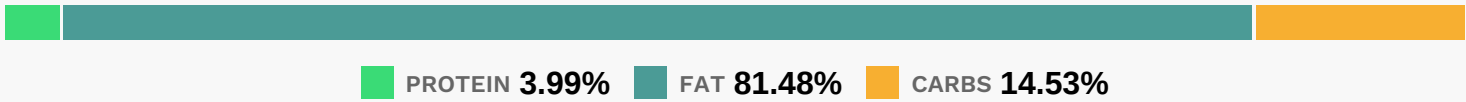
Equipment

- ☐ grill

Directions

- ☐ Mix all ingredients.
- ☐ Spread rub evenly on 1 pound boneless meat (chicken, pork, beef) or 2 1/2 pounds 1/2-inch-thick pork chops. Cover and refrigerate at least 30 minutes but no longer than 24 hours. Grill meat as desired.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.0426086909745%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 17.37kcal (0.87%), Fat: 1.7g (2.61%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 79.62mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin A: 289.52IU (5.79%), Vitamin K: 3.78µg (3.6%), Vitamin E: 0.49mg (3.25%), Iron: 0.31mg (1.73%), Manganese: 0.03mg (1.47%), Fiber: 0.35g (1.42%), Vitamin B6: 0.03mg (1.25%)