



Southwestern Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



7 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon hungarian paprika sweet
- ☐ 0.3 teaspoon salt

Equipment

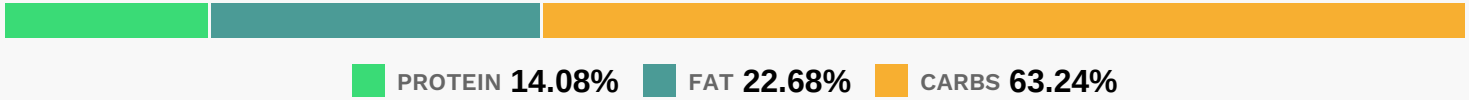
- ☐ bowl

Directions

☐

Combine cumin, paprika, garlic powder, chile powder, salt, and cinnamon in a small bowl, stirring well.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:0.88391303319646%

Nutrients (% of daily need)

Calories: 6.86kcal (0.34%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 147.29mg (6.4%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin A: 252.99IU (5.06%), Iron: 0.47mg (2.61%), Manganese: 0.05mg (2.52%), Fiber: 0.5g (2.01%), Vitamin E: 0.17mg (1.12%)