



Spice Rub



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



824 kcal

SEASONING

MARINADE

Ingredients

- ☐ 8 oz jar with tight-fitting lid
- ☐ 3 tablespoons parsley dried
- ☐ 3 tablespoons Lawry's seasoned salt
- ☐ 3 tablespoons basil dried
- ☐ 2 tablespoons paprika
- ☐ 2 tablespoons rosemary dried
- ☐ 1 tablespoon pepper red crushed
- ☐ 1 tablespoon garlic powder

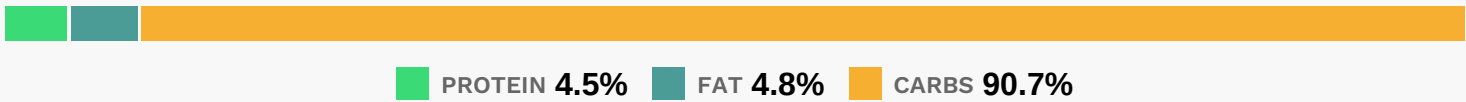
1 tablespoon sugar

Equipment

Directions

- In jar, layer ingredients, or mix ingredients and pour into jar.
- Seal jar; tie with decorative ribbon.

Nutrition Facts



Properties

Glycemic Index:215.09, Glycemic Load:94.21, Inflammation Score:-10, Nutrition Score:41.215652382892%

Flavonoids

Apigenin: 270.21mg, Apigenin: 270.21mg, Apigenin: 270.21mg, Apigenin: 270.21mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 19.87mg, Isorhamnetin: 19.87mg, Isorhamnetin: 19.87mg, Isorhamnetin: 19.87mg

Nutrients (% of daily need)

Calories: 823.93kcal (41.2%), Fat: 4.63g (7.12%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 196.9g (65.63%), Net Carbohydrates: 178.18g (64.79%), Sugar: 124.83g (138.7%), Cholesterol: 0mg (0%), Sodium: 21185.77mg (921.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin K: 307.04µg (292.42%), Vitamin A: 9598.3IU (191.97%), Manganese: 2.42mg (121.07%), Iron: 19.36mg (107.55%), Fiber: 18.71g (74.86%), Vitamin E: 9.27mg (61.82%), Calcium: 511.62mg (51.16%), Vitamin B6: 0.93mg (46.47%), Vitamin B2: 0.74mg (43.38%), Magnesium: 170.73mg (42.68%), Copper: 0.79mg (39.35%), Vitamin C: 30.28mg (36.7%), Potassium: 1264.61mg (36.13%), Folate: 98.09µg (24.52%), Phosphorus: 206.01mg (20.6%), Vitamin B3: 3.71mg (18.53%), Zinc: 2.69mg (17.92%), Selenium: 10.48µg (14.97%), Vitamin B1: 0.18mg (11.95%), Vitamin B5: 0.69mg (6.92%)