



## Spiced Chili Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



15

CALORIES



3 kcal

SEASONING

MARINADE

### Ingredients

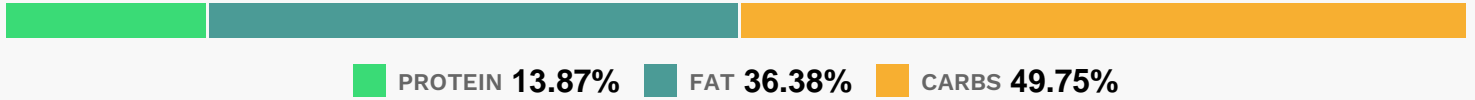
- 0.3 teaspoon ground pepper
- 1 tablespoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

### Equipment

### Directions

Mix chili powder, cumin, coriander, and cayenne. Use or store airtight.

## Nutrition Facts



## Properties

Glycemic Index:2.47, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.55043478212927%

## Nutrients (% of daily need)

Calories: 2.51kcal (0.13%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 9.03mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin A: 173.7IU (3.47%), Vitamin E: 0.22mg (1.45%), Iron: 0.21mg (1.14%), Fiber: 0.26g (1.06%)