



Spiced meat rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



126 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 tsp pepper dried
- ☐ 3 tbsp thyme dried
- ☐ 2 tbsp rosemary dried
- ☐ 4 bay leaves crushed
- ☐ 1 tsp celery salt
- ☐ 2 tbsp peppercorns

Equipment

- ☐ bowl

☐ pepper grinder

Directions

☐ Mix all the ingredients together in a bowl, then carefully transfer to a pepper mill or an airtight jar. Simply grind over your favourite meat before cooking, or over veg before roasting, for extra flavour.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:27.860434863878%

Nutrients (% of daily need)

Calories: 125.82kcal (6.29%), Fat: 3.51g (5.39%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 13.71g (4.99%), Sugar: 0.78g (0.87%), Cholesterol: 0mg (0%), Sodium: 2438.37mg (106.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin K: 260.25µg (247.86%), Manganese: 3.83mg (191.47%), Iron: 21.05mg (116.93%), Fiber: 14.84g (59.35%), Vitamin A: 2609.79IU (52.2%), Calcium: 441.47mg (44.15%), Copper: 0.48mg (23.84%), Vitamin E: 3.46mg (23.08%), Magnesium: 86.58mg (21.65%), Vitamin B6: 0.38mg (18.83%), Potassium: 553.43mg (15.81%), Folate: 61.41µg (15.35%), Vitamin C: 10.72mg (12.99%), Vitamin B2: 0.17mg (10.22%), Zinc: 1.53mg (10.18%), Vitamin B1: 0.14mg (9.12%), Vitamin B3: 1.64mg (8.18%), Phosphorus: 80.6mg (8.06%), Selenium: 3.12µg (4.45%), Vitamin B5: 0.33mg (3.33%)