



Steak Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



50

CALORIES



8 kcal

SEASONING

MARINADE

Ingredients

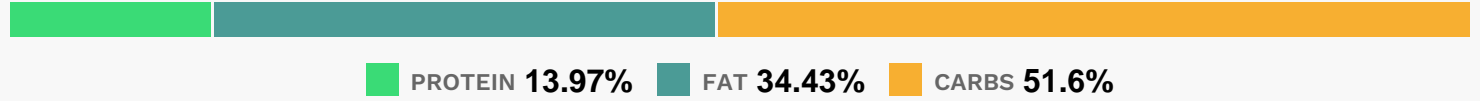
- 3 tablespoons allspice
- 1.5 teaspoons cayenne
- 4 teaspoons cinnamon
- 0.3 cup cumin
- 4 teaspoons garlic powder
- 2 teaspoons pepper
- 1 tablespoon salt

Equipment

Directions

Combine ingredients in a jar. Seal jar tightly and shake until well mixed.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.0891304420226%

Nutrients (% of daily need)

Calories: 8.44kcal (0.42%), Fat: 0.4g (0.61%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.05g (0.06%), Cholesterol: 0mg (0%), Sodium: 142.65mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Iron: 1.11mg (6.18%), Manganese: 0.11mg (5.26%), Calcium: 19.39mg (1.94%), Magnesium: 6.77mg (1.69%), Fiber: 0.39g (1.55%), Potassium: 37.81mg (1.08%)