

Tandoori Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



70 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 tablespoons coarse kosher salt
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons ground coriander
- ☐ 2 tablespoons ground cumin
- ☐ 1 tablespoon ground ginger
- ☐ 6 tablespoons paprika

- ☐ 1 teaspoon saffron threads crumbled
- ☐ 1 tablespoon sugar

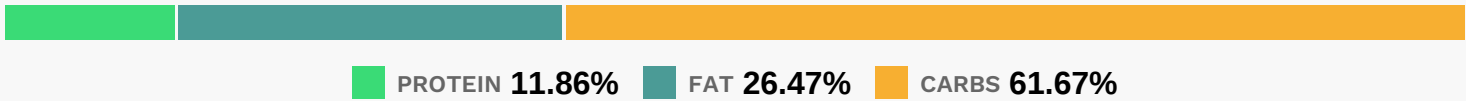
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk all ingredients in medium bowl.
- ☐ Transfer to airtight container. DO AHEAD: Can be made 1 month ahead. Store at room temperature.
- ☐ If your saffron is really fresh and doesn't crumble easily, toast it in a dry skillet over medium heat until dark red. Cool; then crumble.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:14.264782568683%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Nutrients (% of daily need)

Calories: 69.92kcal (3.5%), Fat: 2.63g (4.04%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 7.86g (2.86%), Sugar: 4.24g (4.71%), Cholesterol: 0mg (0%), Sodium: 3502.1mg (152.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin A: 5323.98IU (106.48%), Manganese: 1.03mg (51.53%), Iron: 5.11mg (28.37%), Fiber: 5.92g (23.67%), Vitamin E: 3.26mg (21.71%), Vitamin B6: 0.26mg (12.86%), Magnesium: 44mg (11%), Vitamin K: 11.42µg (10.87%), Potassium: 369.55mg (10.56%), Vitamin B2: 0.15mg (9.07%), Calcium: 85.37mg (8.54%), Copper: 0.16mg (7.84%), Vitamin B3: 1.41mg (7.07%), Phosphorus: 63.75mg (6.38%), Zinc: 0.8mg (5.36%), Vitamin B1: 0.06mg (4.17%), Selenium: 2.31µg (3.3%), Vitamin B5: 0.29mg (2.92%), Folate: 6.18µg (1.55%), Vitamin C: 1.09mg (1.32%)