

Yemeni Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 ounce caraway seeds generous
- ☐ 3 tablespoons kosher salt
- ☐ 1 ounce cumin seeds
- ☐ 3 tablespoons turmeric
- ☐ 0.5 ounce nigella seeds

Equipment

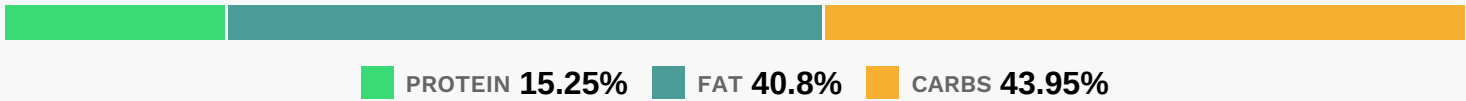
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat heavy large skillet over medium-high heat.
- ☐ Add first 5 ingredients; toast until aromatic and cumin seeds are slightly darker, stirring often, about 2 minutes. Cool slightly. Working in batches, finely grind spice mixture and salt in spice mill.
- ☐ Transfer to medium bowl.
- ☐ Whisk in turmeric.
- ☐ Transfer to airtight container. DO AHEAD: Can be made 1 month ahead. Store at room temperature.
- ☐ Look for cardamom seeds at Indian markets and at penzeys.com.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:9.9260868443095%

Nutrients (% of daily need)

Calories: 96.3kcal (4.82%), Fat: 4.94g (7.6%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 6.5g (2.36%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 5247.94mg (228.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Manganese: 1.07mg (53.6%), Iron: 8.32mg (46.2%), Fiber: 5.52g (22.07%), Magnesium: 58.77mg (14.69%), Calcium: 138.74mg (13.87%), Potassium: 389.34mg (11.12%), Copper: 0.19mg (9.75%), Phosphorus: 93.64mg (9.36%), Vitamin B6: 0.16mg (7.91%), Zinc: 1mg (6.68%), Vitamin B1: 0.08mg (5.49%), Vitamin K: 5.18µg (4.93%), Vitamin B3: 0.88mg (4.39%), Vitamin C: 3.39mg (4.11%), Vitamin E: 0.6mg (4.01%), Vitamin B2: 0.07mg (3.93%), Vitamin A: 129.41IU (2.59%), Selenium: 1.6µg (2.28%)