

Basic Spice Rub

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-spice-rub-recipe>

Ingredients:

- 2 teaspoons cumin seeds
- 1 teaspoon fennel seeds
- 2 tablespoons smoked paprika
- Hungarian paprika
- 2 teaspoons dried thyme
- 2 teaspoons sage dried
- 2 teaspoons dried oregano
- 2 teaspoons salt
- 2 teaspoons ground black pepper freshly
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1 teaspoon cayenne pepper

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 5 grams
3. Fat: 1 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. Sodium: 1180 milligrams
7. Sugar: 1 grams

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