

Dry Spice Rub for Poultry

Please refer to the notes about dry spice rubs outlined in the Dry Spice Rub for Fish recipe.

1 teaspoon garlic powder
2 teaspoons tarragon
1/2 teaspoon sage
1 teaspoon marjoram
1/2 teaspoon thyme
2 teaspoons freshly ground black pepper
1/2 teaspoon cayenne pepper
1 tablespoon paprika
1/2 teaspoon salt

Mix all ingredients together. To prepare dry spice rubs, wash and dry all food before marinating. Lightly oil poultry with olive oil spray. Massage spice rub over poultry. Use from 1 to 2 tablespoons of rub per pound of poultry. Let stand for one hour at room temperature before cooking to allow spices to permeate the food.

Servings: 4

Yield: 3 tablespoons

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	14.23
Calories From Fat (23%)	3.30
% Daily Value	
Total Fat 0.39g	1%
Saturated Fat 0.08g	0%
Cholesterol 0.00mg	0%
Sodium 292.70mg	12%
Potassium 94.76mg	3%
Carbohydrates 2.94g	1%
Dietary Fiber 1.27g	5%
Sugar 0.39g	
Sugar Alcohols 0.00g	
Net Carbohydrates 1.66g	
Protein 0.74g	1%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 teaspoon garlic powder	1 x 1 teaspoon of Spices, garlic powder
2 teaspoons tarragon	2 x 1 teaspoon of Spices, tarragon, ground
1/2 teaspoon sage	0.50 x 1 teaspoon of Spices, sage, ground
1 teaspoon marjoram	1 x 1 teaspoon of Spices, marjoram, dried
1/2 teaspoon thyme	0.50 x 1 teaspoon of Spices, thyme, ground
2 teaspoons freshly ground black pepper	2 x 1 teaspoon of Spices, pepper, black
1/2 teaspoon cayenne pepper	0.50 x 1 teaspoon of Spices, pepper, red or cayenne
1 tablespoon paprika	1 x 1 tablespoon of Spices, paprika
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.