

# Moroccan Rub

Total ingredient (raw) weight: 170.00 g  
 Total (cooked) weight: 170.00 g  
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	1.00	
Serving size:	170.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2650 kJ	1560 kJ
Protein	27.5 g	16.2 g
Fat, total	22.7 g	13.3 g
- saturated	1.7 g	1.0 g
Carbohydrate	64.5 g	37.9 g
- sugars	20.3 g	11.9 g
Sodium	170 mg	100 mg

**Ingredient name:** Turmeric, ground  
10E10074

**Amount:** 20.00 g

**Energy:** 1405 kJ    **Fat, total:** 8.6 g    **Carbohydrate:** 46.3 g    **Sodium:** 48 mg  
**Protein:** 7.7 g    **Fat saturated:** 1.5 g    **Sugars:** 25.1 g

**Ingredient name:** Cumin (cummin) seeds, dried, ground  
10E10065

**Amount:** 70.00 g

**Energy:** 1918 kJ    **Fat, total:** 25.8 g    **Carbohydrate:** 33.3 g    **Sodium:** 119 mg  
**Protein:** 18.4 g    **Fat saturated:** 1.3 g    **Sugars:** 2.3 g

**Ingredient name:** Paprika, ground, all types  
10E10028

**Amount:** 10.00 g

**Energy:** 1475 kJ    **Fat, total:** 11.7 g    **Carbohydrate:** 37.1 g    **Sodium:** 27 mg  
**Protein:** 14.4 g    **Fat saturated:** 1.9 g    **Sugars:** 25.7 g

**Ingredient name:** Garlic, dried, powder or flakes  
13A11377

**Amount:** 35.00 g

**Energy:** 1461 kJ    **Fat, total:** 0.8 g    **Carbohydrate:** 62.8 g    **Sodium:** 26 mg  
**Protein:** 16.8 g    **Fat saturated:** 0.2 g    **Sugars:** 24.3 g

**Ingredient name:** Mixed herbs, dried  
13A11321

**Amount:** 35.00 g

**Energy:** 1064 kJ    **Fat, total:** 4.1 g    **Carbohydrate:** 17.8 g    **Sodium:** 187 mg  
**Protein:** 16.5 g    **Fat saturated:** 0.7 g    **Sugars:** 7.4 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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