



All-Around Spice Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



106 kcal

SEASONING

MARINADE

Ingredients

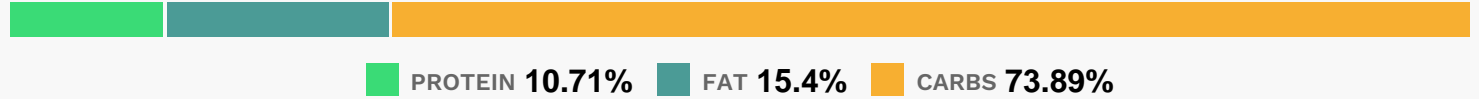
- 2 teaspoons cayenne pepper
- 2 tablespoons chili powder
- 0.3 cup brown sugar dark
- 2 tablespoons garlic powder
- 0.3 cup fresh-ground pepper blend
- 2 tablespoons onion powder
- 0.8 cup paprika
- 1 tablespoon sea salt

Equipment

Directions

- Stir the paprika, pepper, brown sugar, chili powder, onion powder, sea salt, and cayenne pepper together in a container with a lid. Store in a cool, dark place between uses.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:17.023043497749%

Nutrients (% of daily need)

Calories: 106.35kcal (5.32%), Fat: 2.23g (3.43%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 16.43g (5.97%), Sugar: 9.28g (10.32%), Cholesterol: 0mg (0%), Sodium: 1048.88mg (45.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin A: 6661.IIU (133.22%), Manganese: 1.37mg (68.39%), Fiber: 7.64g (30.55%), Vitamin E: 4.52mg (30.12%), Vitamin K: 26.09µg (24.85%), Iron: 3.98mg (22.1%), Vitamin B6: 0.39mg (19.48%), Potassium: 489.83mg (14%), Copper: 0.25mg (12.42%), Vitamin B2: 0.19mg (11.12%), Magnesium: 44.07mg (11.02%), Calcium: 88.94mg (8.89%), Vitamin B3: 1.61mg (8.04%), Phosphorus: 74.43mg (7.44%), Zinc: 0.87mg (5.79%), Vitamin B1: 0.07mg (4.93%), Vitamin B5: 0.47mg (4.71%), Selenium: 2.59µg (3.7%), Folate: 10.78µg (2.7%), Vitamin C: 1.05mg (1.28%)