

Barbecue Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



24 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon mild chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons brown sugar light
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt

Equipment

Directions

☐ Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:3.0443478537642%

Nutrients (% of daily need)

Calories: 24.01kcal (1.2%), Fat: 0.58g (0.9%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.86g (1.4%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 1596.4mg (69.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Vitamin A: 872.13IU (17.44%), Manganese: 0.17mg (8.33%), Vitamin E: 1.1mg (7.33%), Iron: 1.04mg (5.79%), Fiber: 1.26g (5.03%), Vitamin K: 4.08µg (3.89%), Vitamin B6: 0.07mg (3.71%), Potassium: 85.97mg (2.46%), Copper: 0.05mg (2.35%), Calcium: 21.77mg (2.18%), Magnesium: 8.47mg (2.12%), Vitamin B3: 0.37mg (1.84%), Vitamin B2: 0.03mg (1.8%), Phosphorus: 15.05mg (1.5%), Zinc: 0.18mg (1.19%), Selenium: 0.78µg (1.12%)