



## Beef Brisket Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



47 kcal

SEASONING

MARINADE

### Ingredients

- 1 teaspoon cayenne pepper
- 2 tablespoons coarse salt
- 1 teaspoon sea salt
- 0.5 teaspoon ground cumin
- 1 teaspoon oregano leaves dried ()
- 2 teaspoons paprika
- 2 teaspoons coarse pepper fresh black (use cracked pepper)

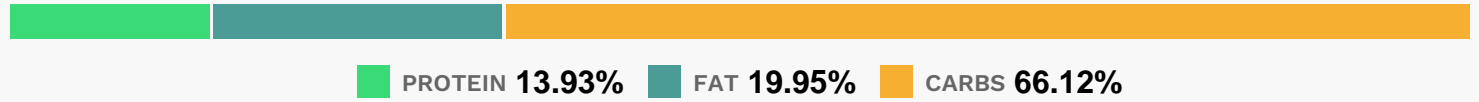
### Equipment

bowl

## Directions

Mix ingredients together in bowl. Prepare meat by brushing the surface with oil before applying rub. Apply rub 2 to 4 hours before cooking. The rubbed meat can be refrigerated overnight, as this will increase the flavor slightly.

## Nutrition Facts



## Properties

Glycemic Index:94, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:10.418260833491%

## Nutrients (% of daily need)

Calories: 46.66kcal (2.33%), Fat: 1.32g (2.03%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 5.68g (2.06%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 13960.98mg (607%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Vitamin A: 2870.96IU (57.42%), Manganese: 0.81mg (40.61%), Vitamin K: 23.87µg (22.73%), Iron: 3.08mg (17.1%), Fiber: 4.18g (16.71%), Vitamin E: 2.22mg (14.81%), Vitamin B6: 0.22mg (11.06%), Calcium: 82.1mg (8.21%), Potassium: 266.39mg (7.61%), Magnesium: 28.73mg (7.18%), Copper: 0.14mg (6.86%), Vitamin B2: 0.09mg (5.46%), Phosphorus: 45.11mg (4.51%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.5mg (3.32%), Vitamin B1: 0.05mg (3.13%), Folate: 11.01µg (2.75%), Selenium: 1.52µg (2.17%), Vitamin C: 1.72mg (2.09%), Vitamin B5: 0.2mg (1.97%)