



Biltmore Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



18 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon ground celery seeds
- ☐ 0.3 teaspoon dillweed dried
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground sage
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper

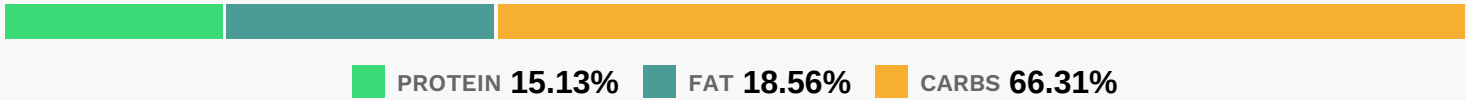
☐ 0.3 cup salt

Equipment

Directions

☐ Combine ingredients. Store in an airtight container up to 6 months. Use to season lamb, chicken, steak, or pork.

Nutrition Facts



Properties

Glycemic Index:122, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:3.1091304084529%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg

Nutrients (% of daily need)

Calories: 18.42kcal (0.92%), Fat: 0.45g (0.7%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 28297.98mg (1230.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Manganese: 0.33mg (16.55%), Vitamin A: 515.41IU (10.31%), Iron: 1.26mg (6.99%), Calcium: 52.13mg (5.21%), Fiber: 1.06g (4.25%), Copper: 0.07mg (3.57%), Vitamin B6: 0.07mg (3.53%), Magnesium: 12.19mg (3.05%), Vitamin K: 2.92µg (2.78%), Potassium: 92.45mg (2.64%), Vitamin E: 0.33mg (2.18%), Phosphorus: 21.02mg (2.1%), Zinc: 0.29mg (1.95%), Vitamin B1: 0.02mg (1.35%), Vitamin B2: 0.02mg (1.22%), Selenium: 0.81µg (1.16%)