



WHATSheATE



HEALTH SCORE

57%

Bobby's World Famous Steak Rub from Mesa, Bar Americain and Bf Steak



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



118 kcal

SEASONING

MARINADE

Ingredients



1 cup ancho chili powder



2 teaspoons chile de árbol



3 tablespoons mustard dry



3 tablespoons ground coriander



1 tablespoon ground cumin



1 tablespoon ground pepper black



1 tablespoon kosher salt

- ☐ 3 tablespoons ground oregano dried
- ☐ 0.3 cup paprika spanish

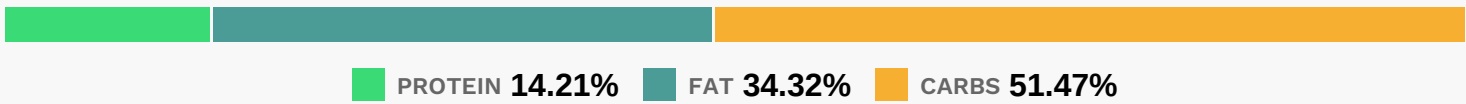
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients. Store rub in a container with a tight fitting lid in a cool, dark, place.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:24.748695715614%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.59kcal (5.88%), Fat: 5.87g (9.03%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 6.86g (2.49%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 1361.31mg (59.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin A: 9335.65IU (186.71%), Vitamin E: 11.92mg (79.5%), Fiber: 12.95g (51.79%), Vitamin K: 45.96µg (43.77%), Manganese: 0.84mg (41.81%), Iron: 7.03mg (39.07%), Vitamin B6: 0.68mg (34.14%), Potassium: 703.14mg (20.09%), Vitamin B3: 3.89mg (19.46%), Vitamin B2: 0.32mg (19.07%), Copper: 0.36mg (18.19%), Magnesium: 70.91mg (17.73%), Selenium: 12.2µg (17.43%), Calcium: 159.65mg (15.96%), Phosphorus: 129.4mg (12.94%), Vitamin C: 9.22mg (11.18%), Zinc: 1.65mg (10.97%), Vitamin B1: 0.11mg (7.52%), Folate: 20.66µg (5.17%), Vitamin B5: 0.34mg (3.43%)