



Brisket Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup pepper black
- 2 tablespoons chili powder
- 2 tablespoons garlic powder
- 2 tablespoons garlic salt
- 2 teaspoons ground pepper red
- 0.3 cup kosher salt
- 2 tablespoons onion powder
- 0.8 cup paprika

0.3 cup sugar

Equipment

Directions

Combine all ingredients. Store in an airtight container.

Nutrition Facts



PROTEIN 10.86% **FAT 15.83%** **CARBS 73.31%**

Properties

Glycemic Index:19.26, Glycemic Load:5.68, Inflammation Score:-10, Nutrition Score:15.414782705514%

Nutrients (% of daily need)

Calories: 90.99kcal (4.55%), Fat: 1.97g (3.03%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 13.85g (5.04%), Sugar: 7.69g (8.55%), Cholesterol: 0mg (0%), Sodium: 5324.63mg (231.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin A: 5828.46IU (116.57%), Manganese: 1.2mg (60.2%), Fiber: 6.68g (26.73%), Vitamin E: 3.95mg (26.36%), Vitamin K: 22.83µg (21.74%), Iron: 3.47mg (19.29%), Vitamin B6: 0.34mg (16.9%), Potassium: 420.49mg (12.01%), Copper: 0.22mg (10.89%), Vitamin B2: 0.17mg (9.8%), Magnesium: 38.06mg (9.51%), Calcium: 74.91mg (7.49%), Vitamin B3: 1.4mg (7%), Phosphorus: 64.85mg (6.49%), Zinc: 0.77mg (5.13%), Vitamin B1: 0.06mg (4.32%), Vitamin B5: 0.4mg (4.03%), Selenium: 2.23µg (3.19%), Folate: 9.37µg (2.34%), Vitamin C: 0.92mg (1.12%)