



Brown Sugar and Spice Dry Ham Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



282 kcal

SEASONING

MARINADE

Ingredients

- 6 servings pepper black freshly ground to taste
- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 0.5 teaspoon ground mustard
- 0.3 teaspoon onion powder
- 2 teaspoons pumpkin pie spice

Equipment

- bowl

Directions

- Mix together brown sugar, pumpkin pie spice, mustard powder, onion powder, and pepper in a bowl until well blended. Makes enough rub to cover one 3 to 5 pound ham. To be sure sugars form a crust, do not cover the ham during cooking. If not using immediately, store in an airtight tin.

Nutrition Facts

PROTEIN 0.26% **FAT 0.46%** **CARBS 99.28%**

Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:0, Nutrition Score:1.4821739130435%

Nutrients (% of daily need)

Calories: 282.33kcal (14.12%), Fat: 0.15g (0.23%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 72.58g (24.19%), Net Carbohydrates: 72.42g (26.34%), Sugar: 71.2g (79.11%), Cholesterol: 0mg (0%), Sodium: 20.98mg (0.91%), Protein: 0.19g (0.38%), Manganese: 0.17mg (8.52%), Calcium: 66.62mg (6.66%), Iron: 0.68mg (3.78%), Potassium: 105.33mg (3.01%), Magnesium: 8.39mg (2.1%), Copper: 0.04mg (2.03%), Selenium: 1.31µg (1.87%), Vitamin B6: 0.03mg (1.71%)