



Burger Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



20

CALORIES



17 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 pinch chili powder to taste
- ☐ 1 pinch pepper red crushed to taste
- ☐ 1.5 teaspoons sage dried
- ☐ 1 pinch thyme leaves dried to taste
- ☐ 1 tablespoon garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 tablespoons ground pepper black

- ☐ 1 tablespoon onion powder
- ☐ 2 tablespoons paprika
- ☐ 2 tablespoons sea salt

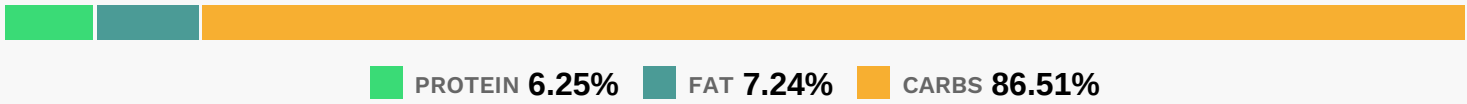
Equipment

- ☐ bowl

Directions

- ☐ Mix brown sugar, sea salt, paprika, black pepper, onion powder, garlic powder, cumin, sage, red pepper flakes, chili powder, and thyme in a bowl until well blended. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:1.273478254028%

Nutrients (% of daily need)

Calories: 17.09kcal (0.85%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 699.93mg (30.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin A: 353.75IU (7.08%), Manganese: 0.11mg (5.29%), Iron: 0.38mg (2.13%), Fiber: 0.51g (2.05%), Vitamin K: 1.88µg (1.79%), Vitamin E: 0.22mg (1.49%), Vitamin B6: 0.03mg (1.41%), Potassium: 38.99mg (1.11%), Calcium: 10.38mg (1.04%), Copper: 0.02mg (1.03%)