



## CCRyder's Smoker Rib Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



9

CALORIES



136 kcal

SEASONING

MARINADE

### Ingredients

- 2 tablespoons ancho chile powder
- 0.5 cup brown sugar packed
- 2 teaspoons cayenne pepper
- 3 tablespoons new mexico chile powder red
- 1 tablespoon rosemary dried crushed
- 2 tablespoons thyme leaves dried crumbled
- 2 tablespoons garlic powder
- 1 tablespoon ground allspice

- 2 tablespoons ground cumin
- 1 tablespoon ground nutmeg
- 2 tablespoons ground pepper black
- 2 tablespoons hungarian paprika
- 2 tablespoons onion powder
- 0.3 cup sea salt
- 0.5 cup sugar white

## Equipment

- bowl

## Directions

- In a medium bowl, mix together the sea salt, white sugar, brown sugar, garlic powder, onion powder, paprika, chili powder, black pepper, cayenne pepper, thyme, rosemary, cumin, nutmeg, and allspice. Store at room temperature in an airtight container until ready to use.
- Rub generously onto ribs or meat of your choice, cover and refrigerate overnight before smoking.

## Nutrition Facts

**PROTEIN 5.02%** **FAT 10.47%** **CARBS 84.51%**

## Properties

Glycemic Index:34.9, Glycemic Load:8.33, Inflammation Score:-9, Nutrition Score:9.3382607076479%

## Nutrients (% of daily need)

Calories: 136.12kcal (6.81%), Fat: 1.76g (2.7%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 28.08g (10.21%), Sugar: 23.89g (26.55%), Cholesterol: 0mg (0%), Sodium: 4275.17mg (185.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin A: 2338.23IU (46.76%), Manganese: 0.5mg (24.83%), Vitamin K: 23.87µg (22.73%), Iron: 3.67mg (20.39%), Vitamin E: 2.42mg (16.14%), Fiber: 3.81g (15.25%), Vitamin B6: 0.2mg (10.2%), Calcium: 82.92mg (8.29%), Potassium: 245.56mg (7.02%), Copper: 0.14mg (6.77%), Magnesium: 26.33mg (6.58%), Vitamin B2: 0.08mg (4.88%), Phosphorus: 45.49mg (4.55%), Vitamin B3: 0.89mg (4.47%), Zinc: 0.57mg (3.78%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.13µg (3.04%), Folate: 8.74µg (2.18%), Vitamin C: 1.74mg (2.11%), Vitamin B5: 0.14mg (1.38%)