

Chipotle Chile Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



95 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons pepper black
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons celery salt
- ☐ 0.5 cup pepper flakes
- ☐ 1 tablespoon chipotle chili powder with 2 teaspoons cayenne pepper and 1 teaspoon hickory smoke salt)
- ☐ 0.5 cup coarse salt
- ☐ 2 tablespoons garlic salt
- ☐ 2 tablespoons ground mustard

☐ 2 tablespoons onion salt

Equipment

☐ bowl

Directions

- ☐ Combine ingredients in a large bowl and mix well.
- ☐ Transfer mixture to a sealed container. This rub can be stored in the freezer for several months.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:5.3091304405876%

Nutrients (% of daily need)

Calories: 95.3kcal (4.76%), Fat: 1.16g (1.78%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 20.24g (7.36%), Sugar: 18.71g (20.79%), Cholesterol: 0mg (0%), Sodium: 16436.38mg (714.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 18.14mg (21.98%), Manganese: 0.41mg (20.61%), Vitamin A: 526IU (10.52%), Selenium: 5.55µg (7.93%), Vitamin K: 6.56µg (6.25%), Fiber: 1.44g (5.77%), Iron: 1.04mg (5.77%), Vitamin B6: 0.11mg (5.69%), Vitamin E: 0.73mg (4.89%), Magnesium: 18.99mg (4.75%), Calcium: 46.59mg (4.66%), Copper: 0.09mg (4.62%), Potassium: 137.82mg (3.94%), Phosphorus: 32.59mg (3.26%), Vitamin B3: 0.46mg (2.32%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.3mg (2.02%), Vitamin B2: 0.03mg (1.94%), Folate: 7.55µg (1.89%), Vitamin B5: 0.11mg (1.08%)