



Chipotle Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



252 kcal

SEASONING

MARINADE

Ingredients

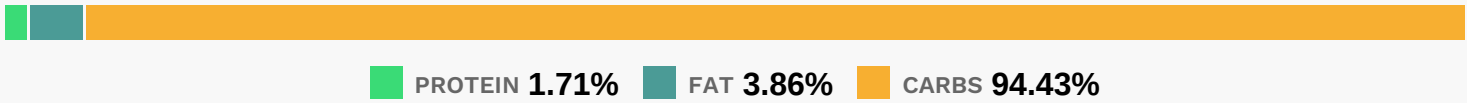
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 tablespoon chili powder
- ☐ 2 to 3 chipotle chile peppers canned
- ☐ 1 teaspoon salt

Equipment

Directions

Chop chipotle chile peppers; stir together peppers, brown sugar, chili powder, and salt toform a paste.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:7.656086999761%

Nutrients (% of daily need)

Calories: 251.56kcal (12.58%), Fat: 1.14g (1.76%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 62.93g (20.98%), Net Carbohydrates: 57.15g (20.78%), Sugar: 55.93g (62.14%), Cholesterol: 0mg (0%), Sodium: 2472.38mg (107.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin A: 2373.5IU (47.47%), Fiber: 5.78g (23.14%), Vitamin E: 3.05mg (20.34%), Iron: 2.51mg (13.97%), Vitamin B6: 0.19mg (9.5%), Manganese: 0.18mg (8.86%), Vitamin K: 8.46µg (8.05%), Calcium: 73.49mg (7.35%), Potassium: 229.63mg (6.56%), Copper: 0.11mg (5.38%), Vitamin B3: 0.99mg (4.94%), Vitamin B2: 0.08mg (4.42%), Magnesium: 16.93mg (4.23%), Selenium: 2.3µg (3.28%), Phosphorus: 26.2mg (2.62%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.14mg (1.44%), Vitamin B1: 0.02mg (1.33%)