



## Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



116 kcal

SEASONING

MARINADE

## Ingredients

- 2 teaspoons peppercorns black
- 2 tablespoons brown sugar
- 0.5 teaspoon ground pepper
- 1 teaspoon celery seed
- 1 teaspoon cumin seeds
- 1 teaspoon garlic powder
- 2 teaspoons kosher salt
- 3 tablespoons paprika

2 teaspoons mustard seeds yellow

## Equipment

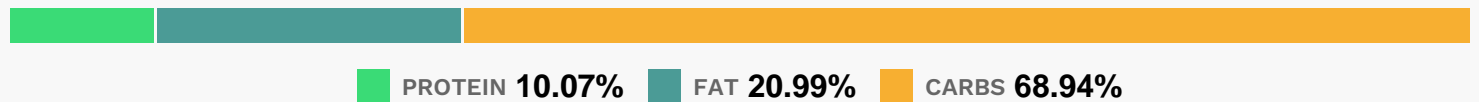
frying pan

## Directions

Stir peppercorns, mustard seeds, and cumin seeds in a small skillet over medium heat until toasted, about 2 minutes.

Let cool. Put into a spice grinder with next 6 ingredients and pulse until finely ground. DO AHEAD: Store in an airtight container for up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:14.987825989723%

## Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg

## Nutrients (% of daily need)

Calories: 115.72kcal (5.79%), Fat: 3.16g (4.86%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 17.69g (6.43%), Sugar: 13.07g (14.53%), Cholesterol: 0mg (0%), Sodium: 2341.58mg (101.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin A: 5417.94IU (108.36%), Manganese: 0.95mg (47.44%), Iron: 4.26mg (23.69%), Vitamin E: 3.46mg (23.04%), Fiber: 5.64g (22.55%), Vitamin K: 16.26µg (15.48%), Vitamin B6: 0.3mg (15.24%), Magnesium: 48.43mg (12.11%), Potassium: 396.3mg (11.32%), Selenium: 7.85µg (11.21%), Copper: 0.19mg (9.62%), Vitamin B2: 0.16mg (9.28%), Calcium: 91.82mg (9.18%), Phosphorus: 83.38mg (8.34%), Vitamin B3: 1.39mg (6.97%), Zinc: 0.87mg (5.82%), Vitamin B1: 0.08mg (5.43%), Vitamin B5: 0.38mg (3.76%), Folate: 12.31µg (3.08%), Vitamin C: 0.96mg (1.16%)