



Ed's Favorite Beer Can Chicken Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



92 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons mustard dry
- ☐ 4 servings garlic powder
- ☐ 2 tablespoons granulated onion
- ☐ 4 servings ground pepper
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon ground pepper black

- ☐ 4 servings kosher salt
- ☐ 2 tablespoons paprika

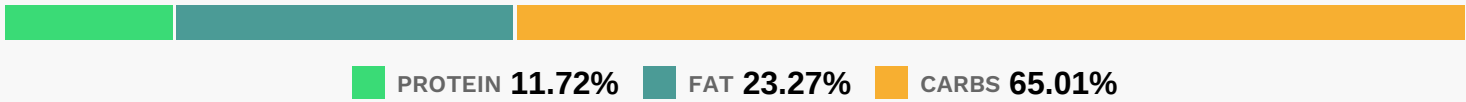
Equipment

- ☐ bowl

Directions

- ☐ Stir brown sugar, dry mustard, granulated onion, paprika, kosher salt, garlic powder, coriander, cumin, black pepper, and cayenne pepper together in a bowl.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:9.8030434328577%

Nutrients (% of daily need)

Calories: 91.79kcal (4.59%), Fat: 2.73g (4.2%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 13.1g (4.76%), Sugar: 6.97g (7.75%), Cholesterol: 0mg (0%), Sodium: 206.52mg (8.98%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin A: 2584.43IU (51.69%), Manganese: 0.53mg (26.28%), Fiber: 4.06g (16.22%), Iron: 2.91mg (16.19%), Selenium: 9.45µg (13.5%), Vitamin E: 1.89mg (12.58%), Vitamin B6: 0.23mg (11.3%), Magnesium: 41.21mg (10.3%), Phosphorus: 84.73mg (8.47%), Potassium: 286.79mg (8.19%), Calcium: 70.67mg (7.07%), Copper: 0.14mg (6.99%), Vitamin K: 7.3µg (6.95%), Vitamin B1: 0.09mg (5.96%), Zinc: 0.8mg (5.31%), Vitamin B2: 0.09mg (5.22%), Vitamin B3: 0.85mg (4.23%), Vitamin C: 3.04mg (3.69%), Folate: 13.62µg (3.4%), Vitamin B5: 0.19mg (1.93%)