



Huey's Beef Brisket Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



510 kcal

SEASONING

MARINADE

Ingredients

- 2 ounces pepper black
- 2 ounces cayenne powder
- 2 ounces garlic powder
- 2 ounces ground cumin
- 16 ounces brown sugar light
- 4 ounces onion powder
- 8 ounces paprika spanish
- 4 ounces roasted garlic

3 ounces salt

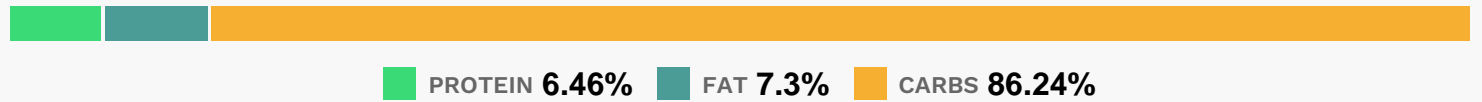
Equipment

bowl

Directions

Combine all ingredients in a large bowl and mix well.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:4.75, Inflammation Score:-10, Nutrition Score:30.882608683213%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 510.2kcal (25.51%), Fat: 4.52g (6.95%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 120.1g (40.03%), Net Carbohydrates: 109.23g (39.72%), Sugar: 77.84g (86.49%), Cholesterol: 0mg (0%), Sodium: 5559.81mg (241.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Manganese: 2.47mg (123.41%), Vitamin A: 5288.98IU (105.78%), Vitamin C: 66.76mg (80.93%), Iron: 10.26mg (57.02%), Vitamin B6: 0.97mg (48.37%), Fiber: 10.87g (43.47%), Calcium: 326.87mg (32.69%), Potassium: 1040.99mg (29.74%), Magnesium: 109.95mg (27.49%), Vitamin E: 3.96mg (26.39%), Copper: 0.51mg (25.37%), Vitamin K: 26.55µg (25.29%), Phosphorus: 231.52mg (23.15%), Vitamin B1: 0.29mg (19.08%), Selenium: 10.39µg (14.84%), Zinc: 2.2mg (14.66%), Vitamin B2: 0.22mg (12.71%), Folate: 47.82µg (11.95%), Vitamin B3: 2.08mg (10.42%), Vitamin B5: 0.67mg (6.73%)