



Hugh's Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



71 kcal

SEASONING

MARINADE

Ingredients

- ☐ 5 tablespoons pepper black freshly ground
- ☐ 3 tablespoons cayenne pepper
- ☐ 2.5 tablespoons thyme leaves dried
- ☐ 6 tablespoons garlic powder
- ☐ 3 tablespoons onion powder
- ☐ 2.5 tablespoons oregano dried
- ☐ 0.5 cup paprika
- ☐ 6 tablespoons salt

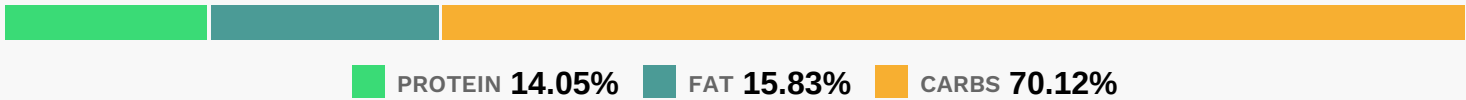
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, combine the paprika, cayenne pepper, ground black pepper, garlic powder, onion powder, salt, oregano, and thyme.
- ☐ Mix well, and store in a cool, dry place in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:14.844347694646%

Nutrients (% of daily need)

Calories: 70.81kcal (3.54%), Fat: 1.55g (2.38%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 9.54g (3.47%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 5244.83mg (228.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin A: 4199.42IU (83.99%), Manganese: 0.91mg (45.29%), Vitamin K: 44.34µg (42.23%), Iron: 4.54mg (25.24%), Fiber: 5.88g (23.52%), Vitamin E: 2.99mg (19.92%), Vitamin B6: 0.34mg (17.13%), Potassium: 369.88mg (10.57%), Calcium: 101.48mg (10.15%), Magnesium: 35.97mg (8.99%), Copper: 0.18mg (8.86%), Vitamin B2: 0.13mg (7.69%), Phosphorus: 70.73mg (7.07%), Vitamin B3: 1.08mg (5.38%), Zinc: 0.8mg (5.35%), Vitamin B1: 0.08mg (5.32%), Folate: 17.56µg (4.39%), Selenium: 2.72µg (3.89%), Vitamin C: 2.84mg (3.44%), Vitamin B5: 0.3mg (3%)