



Jim Goode's BBQ Beef Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



76 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon ground bay leaves
- ☐ 2.5 tablespoons brown sugar dark
- ☐ 1.5 teaspoons basil dried
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 2 teaspoons garlic powder
- ☐ 0.8 teaspoon ground coriander seed
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.8 teaspoon ground pepper black

- ☐ 0.8 teaspoon ground pepper white
- ☐ 0.8 teaspoon savoury
- ☐ 2 teaspoons ground mustard
- ☐ 2 teaspoons onion powder
- ☐ 2 tablespoons paprika
- ☐ 3 servings salt to taste

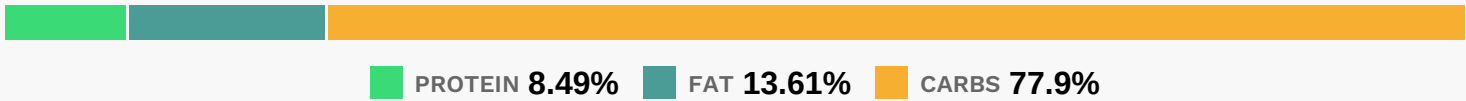
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, mix together the brown sugar, paprika, mustard powder, onion powder, garlic powder, basil, bay leaves, coriander, savory, thyme, black pepper, white pepper, cumin, and salt. Store in an airtight jar at room temperature until ready to use.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:7.5473912384199%

Nutrients (% of daily need)

Calories: 75.66kcal (3.78%), Fat: 1.29g (1.99%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 13.68g (4.97%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 203.08mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin A: 2319.29IU (46.39%), Vitamin K: 17.56µg (16.73%), Manganese: 0.32mg (16.06%), Iron: 2.39mg (13.25%), Fiber: 2.95g (11.8%), Vitamin E: 1.52mg (10.15%), Vitamin B6: 0.16mg (8.17%), Magnesium: 24.69mg (6.17%), Selenium: 4.06µg (5.8%), Potassium: 197.03mg (5.63%), Calcium: 53.95mg (5.4%), Copper: 0.09mg (4.75%), Phosphorus: 44.74mg (4.47%), Vitamin B2: 0.08mg (4.42%), Zinc: 0.49mg (3.29%), Vitamin B3: 0.62mg (3.12%), Vitamin B1: 0.05mg (3%), Folate: 8.78µg (2.19%), Vitamin B5: 0.18mg (1.77%), Vitamin C: 0.85mg (1.03%)