

Johnny's Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



88 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground cumin
- ☐ 4 tablespoons ground paprika
- ☐ 2 tablespoons ground pepper black
- ☐ 1 tablespoon ground mustard
- ☐ 0.5 teaspoon oregano dried

☐

1 tablespoon salt

Equipment

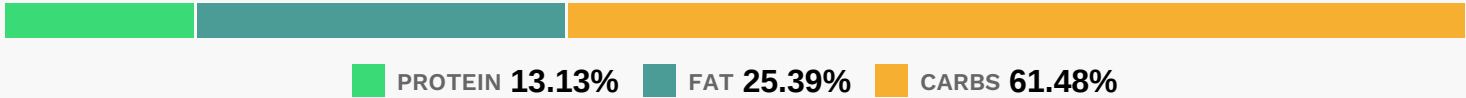
☐

bowl

Directions

- ☐ In a small, nonporous bowl, combine the garlic powder, ground black pepper, salt, mustard powder, chili powder, cumin, brown sugar, paprika and oregano.
- ☐ Mix well and apply to meat.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:15.340869626273%

Nutrients (% of daily need)

Calories: 88.14kcal (4.41%), Fat: 3.04g (4.68%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 10.48g (3.81%), Sugar: 5.34g (5.94%), Cholesterol: 0mg (0%), Sodium: 2382.83mg (103.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Vitamin A: 5441.38IU (108.83%), Manganese: 0.88mg (43.95%), Vitamin E: 4.04mg (26.92%), Iron: 4.69mg (26.04%), Fiber: 6.07g (24.29%), Vitamin K: 19.18µg (18.27%), Vitamin B6: 0.33mg (16.72%), Potassium: 412.75mg (11.79%), Magnesium: 46.75mg (11.69%), Selenium: 6.99µg (9.99%), Copper: 0.2mg (9.94%), Vitamin B2: 0.17mg (9.72%), Calcium: 84.91mg (8.49%), Phosphorus: 84.62mg (8.46%), Vitamin B3: 1.54mg (7.69%), Zinc: 0.9mg (6%), Vitamin B1: 0.09mg (5.69%), Vitamin B5: 0.36mg (3.61%), Folate: 12.06µg (3.02%)