



Kansas City Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



31 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons pepper black freshly ground
- 1 tablespoon brown sugar
- 0.5 teaspoon celery salt
- 1.5 teaspoons chili powder
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt
- 0.3 cup paprika
- 2 tablespoons paprika smoked spanish

Equipment

Directions

Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:0.41, Inflammation Score:-9, Nutrition Score:6.8600000408681%

Nutrients (% of daily need)

Calories: 31.38kcal (1.57%), Fat: 0.88g (1.35%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 4.07g (1.48%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 842.88mg (36.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin A: 3021.33IU (60.43%), Manganese: 0.33mg (16.53%), Vitamin E: 1.89mg (12.61%), Fiber: 2.7g (10.82%), Iron: 1.55mg (8.59%), Vitamin B6: 0.15mg (7.71%), Vitamin K: 7.97µg (7.59%), Potassium: 177.36mg (5.07%), Vitamin B2: 0.08mg (4.73%), Copper: 0.07mg (3.74%), Magnesium: 14.83mg (3.71%), Vitamin B3: 0.67mg (3.34%), Phosphorus: 26mg (2.6%), Calcium: 25.04mg (2.5%), Zinc: 0.32mg (2.14%), Vitamin B5: 0.18mg (1.83%), Vitamin B1: 0.03mg (1.73%), Selenium: 0.77µg (1.1%)