



Master Class Barbecue Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



112 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 cup granulated brown sugar
- ☐ 0.3 cup celery salt
- ☐ 3 tablespoons chili powder
- ☐ 1 teaspoon mustard dry
- ☐ 0.3 cup garlic salt
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 tablespoons ground pepper black
- ☐ 2 teaspoons ground sage

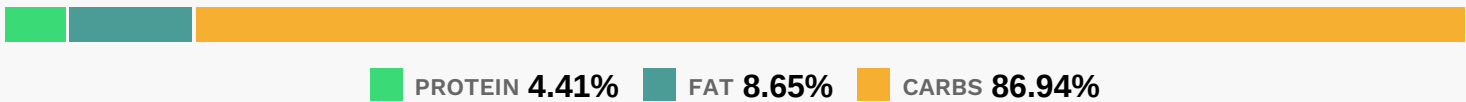
- ☐ 0.5 teaspoon ground thyme
- ☐ 1 tablespoon lemon pepper
- ☐ 0.3 cup onion salt
- ☐ 0.5 cup paprika
- ☐ 0.3 cup lawry's seasoned salt

Equipment

Directions

- ☐ Combine all ingredients. Chill in an airtight container up to 3 weeks or freeze up to 6 months. Rub on beef, lamb, pork, chicken, or fish, and cook over indirect heat.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:8.5313041825657%

Nutrients (% of daily need)

Calories: 111.65kcal (5.58%), Fat: 1.19g (1.84%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 27g (9%), Net Carbohydrates: 23.74g (8.63%), Sugar: 22.11g (24.56%), Cholesterol: 0mg (0%), Sodium: 11366.97mg (494.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin A: 3425.91IU (68.52%), Manganese: 0.41mg (20.55%), Vitamin E: 2.55mg (17%), Fiber: 3.25g (13.01%), Iron: 2.08mg (11.54%), Vitamin K: 11.11µg (10.58%), Vitamin B6: 0.18mg (9.21%), Potassium: 229.55mg (6.56%), Calcium: 55.48mg (5.55%), Vitamin B2: 0.09mg (5.53%), Copper: 0.11mg (5.39%), Magnesium: 19.63mg (4.91%), Vitamin B3: 0.89mg (4.44%), Phosphorus: 29.95mg (2.99%), Zinc: 0.41mg (2.75%), Selenium: 1.64µg (2.34%), Vitamin B5: 0.21mg (2.13%), Vitamin B1: 0.03mg (1.87%), Folate: 4.47µg (1.12%)