

Memphis Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



103 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon cayenne pepper to taste
- ☐ 1 teaspoon celery salt
- ☐ 1 tablespoon brown sugar dark packed
- ☐ 1 teaspoon mustard dry
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon onion powder
- ☐ 0.3 cup paprika

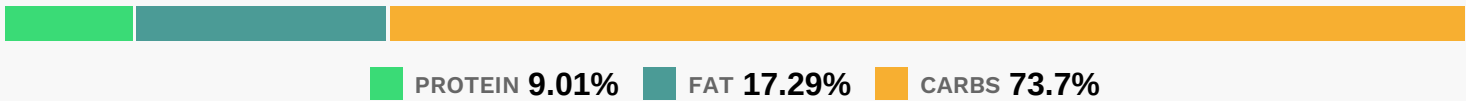
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon sugar white

Equipment

Directions

- ☐ In a small airtight container, mix paprika, dark brown sugar, white sugar, salt, monosodium glutamate, celery salt, ground black pepper, cayenne pepper, dry mustard, garlic powder and onion powder. Seal and store in a cool dark place until ready for use.

Nutrition Facts



Properties

Glycemic Index:77.05, Glycemic Load:4.84, Inflammation Score:-10, Nutrition Score:13.093913130138%

Nutrients (% of daily need)

Calories: 103.11kcal (5.16%), Fat: 2.35g (3.61%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 16.87g (6.14%), Sugar: 13.48g (14.98%), Cholesterol: 0mg (0%), Sodium: 3501.4mg (152.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin A: 7071.17IU (141.42%), Vitamin E: 4.3mg (28.67%), Fiber: 5.65g (22.58%), Manganese: 0.43mg (21.37%), Iron: 3.32mg (18.45%), Vitamin B6: 0.35mg (17.74%), Vitamin K: 13.38µg (12.74%), Potassium: 385.17mg (11.01%), Vitamin B2: 0.18mg (10.81%), Magnesium: 33.88mg (8.47%), Vitamin B3: 1.53mg (7.63%), Copper: 0.14mg (6.98%), Phosphorus: 64.85mg (6.49%), Selenium: 3.69µg (5.27%), Zinc: 0.78mg (5.19%), Calcium: 51.71mg (5.17%), Vitamin B1: 0.07mg (4.54%), Vitamin B5: 0.39mg (3.87%), Folate: 10.87µg (2.72%), Vitamin C: 1.21mg (1.46%)