



Paprika-Brown Sugar Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



102 kcal

SEASONING

MARINADE

Ingredients

- 0.5 cup firmly brown sugar packed
- 2 teaspoons mustard dry
- 1 teaspoon coarsely ground pepper
- 2 tablespoons kosher salt
- 2 teaspoons onion powder
- 2 teaspoons pepper dried red crushed
- 2 tablespoons paprika smoked

Equipment

Directions

Combine all ingredients. Store in an airtight container up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:4.2678261023501%

Nutrients (% of daily need)

Calories: 101.55kcal (5.08%), Fat: 0.79g (1.21%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 23.03g (8.37%), Sugar: 21.8g (24.22%), Cholesterol: 0mg (0%), Sodium: 2812.53mg (122.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin A: 1618.75IU (32.37%), Manganese: 0.16mg (8.02%), Vitamin E: 1.17mg (7.78%), Fiber: 1.58g (6.3%), Iron: 1.05mg (5.86%), Vitamin B6: 0.1mg (4.79%), Potassium: 128.38mg (3.67%), Vitamin K: 3.82µg (3.64%), Calcium: 36.01mg (3.6%), Selenium: 2.41µg (3.44%), Magnesium: 12.78mg (3.19%), Copper: 0.06mg (2.78%), Vitamin B2: 0.05mg (2.67%), Vitamin B3: 0.44mg (2.22%), Phosphorus: 21.9mg (2.19%), Zinc: 0.26mg (1.7%), Vitamin B1: 0.02mg (1.45%), Vitamin B5: 0.12mg (1.24%)