



HEALTH SCORE

100%

## Paul's Pork Ribs Rub



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



5

CALORIES



222 kcal

SEASONING

MARINADE

### Ingredients

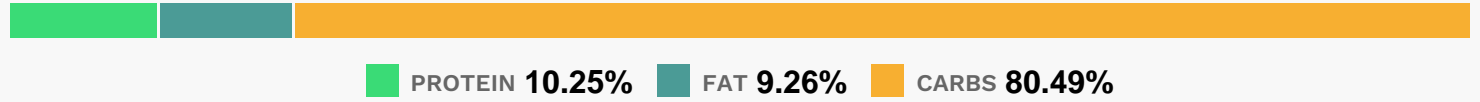
- 0.3 cup firmly brown sugar packed
- 0.3 cup garlic powder
- 0.3 cup paprika
- 1 cup greek seasoning

### Equipment

### Directions

- Combine all ingredients. Store in an airtight container.
- Note: For testing purposes only, we used Cavender's All Purpose Greek Seasoning.
- Paul's Chicken Rub: Substitute 3 tablespoons dried oregano for the brown sugar, and store in an airtight container. Makes about 1 2/3 cups.

## Nutrition Facts



### Properties

Glycemic Index:5, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:36.85608701084%

### Nutrients (% of daily need)

Calories: 221.57kcal (11.08%), Fat: 2.81g (4.32%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 54.92g (18.31%), Net Carbohydrates: 31.86g (11.59%), Sugar: 13.45g (14.95%), Cholesterol: 0mg (0%), Sodium: 25.68mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.99%), Vitamin K: 298.56µg (284.34%), Manganese: 2.57mg (128.49%), Iron: 19.3mg (107.23%), Fiber: 23.06g (92.24%), Calcium: 786.5mg (78.65%), Vitamin A: 3464.59IU (69.29%), Vitamin E: 10.29mg (68.61%), Vitamin B6: 0.81mg (40.49%), Magnesium: 147.47mg (36.87%), Folate: 120.46µg (30.11%), Potassium: 875.08mg (25%), Copper: 0.41mg (20.31%), Vitamin B2: 0.33mg (19.58%), Vitamin B3: 2.85mg (14.23%), Phosphorus: 136.4mg (13.64%), Zinc: 1.86mg (12.42%), Vitamin B1: 0.15mg (10.2%), Selenium: 5.43µg (7.76%), Vitamin B5: 0.67mg (6.74%), Vitamin C: 1.28mg (1.55%)