



## Pork, Brisket, or Seafood Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



34 kcal

SEASONING

MARINADE

### Ingredients

- 1 tablespoon cayenne pepper
- 2 tablespoons mustard dry (recommended: Coleman's)
- 2 tablespoons garlic powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cumin
- 1 tablespoon coarsely ground pepper black
- 1 tablespoon ground pepper white
- 2 tablespoons kosher salt

- 2 tablespoons brown sugar light
- 2 tablespoons onion powder
- 1 tablespoon seafood seasoning (recommended: Old Bay Seasoning)

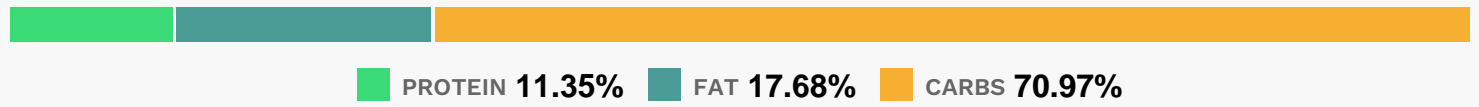
## Equipment

- bowl
- whisk

## Directions

- In a bowl, whisk the ingredients until well combined. Use as dry rub for pork, brisket, or seafood.

## Nutrition Facts



## Properties

Glycemic Index:7.4, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.7982608481594%

## Nutrients (% of daily need)

Calories: 34.12kcal (1.71%), Fat: 0.74g (1.13%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.57g (2.02%), Sugar: 2.63g (2.93%), Cholesterol: 0mg (0%), Sodium: 1398.93mg (60.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Manganese: 0.29mg (14.53%), Selenium: 3.77µg (5.39%), Vitamin K: 4.76µg (4.53%), Iron: 0.81mg (4.52%), Vitamin A: 224.89IU (4.5%), Fiber: 1.09g (4.37%), Vitamin B6: 0.07mg (3.26%), Magnesium: 12.72mg (3.18%), Phosphorus: 28.48mg (2.85%), Copper: 0.05mg (2.52%), Calcium: 24.55mg (2.45%), Potassium: 74.2mg (2.12%), Vitamin B1: 0.03mg (1.96%), Vitamin E: 0.25mg (1.69%), Zinc: 0.25mg (1.67%), Folate: 5.24µg (1.31%), Vitamin C: 1.04mg (1.26%)