



Pork Butt Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



7 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons brown sugar dark
- ☐ 0.1 teaspoon mustard dry
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 teaspoons granulated sugar
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground ginger
- ☐ 1.5 teaspoons paprika
- ☐ 0.3 teaspoon pepper

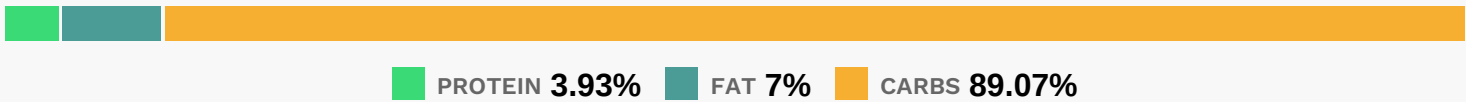
4 teaspoons lawry's seasoned salt

Equipment

Directions

 Stir together all ingredients. Store in an airtight container up to 1 month.

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:0.37739130554964%

Nutrients (% of daily need)

Calories: 6.83kcal (0.34%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 930.73mg (40.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Vitamin A: 148.36IU (2.97%), Manganese: 0.02mg (1.02%)