



Prize-Winning Barbecue Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



6

CALORIES



146 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 2.5 tablespoons sea salt
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.5 tablespoons ground pepper black
- ☐ 1 tablespoon onion powder

☐ 0.5 cup paprika

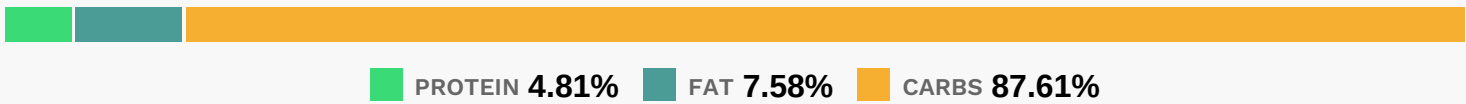
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Combine all ingredients in a small bowl, stirring well. Store in an airtight container at room temperature.
- ☐ Sprinkle rub evenly over meat, poultry, or fish. Rub in seasonings with fingers. Grill as desired.
- ☐ Grilled Ribs: Rub 3/4 cup Prize-Winning Barbecue Rub evenly onto 4 pounds pork spareribs in a shallow roasting pan; cover with aluminum foil, and refrigerate overnight.
- ☐ Bake ribs, covered, at 300 for 3 hours.
- ☐ Drain excess liquid.
- ☐ Brush ribs with some of 1 1/2 cups favorite barbecue sauce (we tested with Sticky Fingers) blended with 1 Tbsp. Prize-Winning Barbecue Rub. Grill ribs, covered, over medium heat (300 to 350 F) for 15 to 20 minutes, basting heavily with rest of sauce.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:10.945652267207%

Nutrients (% of daily need)

Calories: 146.05kcal (7.3%), Fat: 1.36g (2.1%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 31.42g (11.42%), Sugar: 27.77g (30.86%), Cholesterol: 0mg (0%), Sodium: 2923.41mg (127.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin A: 4514.85IU (90.3%), Manganese: 0.62mg (31.21%), Vitamin E: 2.71mg (18.05%), Fiber: 3.99g (15.97%), Iron: 2.76mg (15.31%), Vitamin B6: 0.25mg (12.42%), Vitamin K: 9.89µg (9.42%), Potassium: 307.83mg (8.79%), Vitamin B2: 0.12mg (7.06%), Magnesium: 26.38mg (6.59%), Calcium: 61.52mg (6.15%), Copper: 0.12mg (6%), Vitamin B3: 1.06mg (5.31%), Phosphorus: 44.28mg (4.43%), Zinc: 0.55mg (3.7%), Vitamin B5: 0.3mg (3.05%), Vitamin B1: 0.05mg (3.03%), Selenium: 1.87µg (2.67%), Folate: 6.61µg (1.65%)