



## Q Shack Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



25 kcal

SEASONING

MARINADE

## Ingredients

- 1 tablespoon ancho chili powder
- 1 teaspoon pepper black freshly ground
- 1 teaspoon thyme dried
- 1 tablespoon garlic
- 1 tablespoon ground pepper red
- 1 tablespoon kosher salt
- 1 tablespoon onion powder
- 1 teaspoon oregano dried

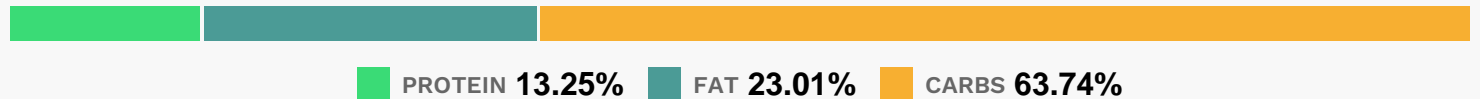
2 tablespoons paprika

## Equipment

## Directions

Combine all ingredients in a small airtight container; cover and shake to mix. Store in a cool, dry place for up to a month.

## Nutrition Facts



## Properties

Glycemic Index:22.8, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:6.0504347604254%

## Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 25.36kcal (1.27%), Fat: 0.83g (1.28%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 1425.32mg (61.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin A: 2286.35IU (45.73%), Vitamin E: 1.82mg (12.14%), Manganese: 0.23mg (11.35%), Vitamin K: 11.4µg (10.86%), Fiber: 2.4g (9.59%), Iron: 1.47mg (8.19%), Vitamin B6: 0.15mg (7.71%), Potassium: 147.66mg (4.22%), Vitamin B2: 0.07mg (3.83%), Calcium: 34.25mg (3.42%), Magnesium: 13.11mg (3.28%), Copper: 0.06mg (3.17%), Vitamin B3: 0.6mg (3.01%), Phosphorus: 25.1mg (2.51%), Zinc: 0.32mg (2.14%), Vitamin C: 1.74mg (2.1%), Vitamin B1: 0.03mg (1.89%), Selenium: 1.07µg (1.53%), Folate: 5.39µg (1.35%), Vitamin B5: 0.11mg (1.14%)