



Rib Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



48 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup firmly brown sugar dark packed
- 0.5 teaspoon celery salt
- 4 teaspoons chili powder
- 4 teaspoons garlic salt
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground pepper red
- 0.3 teaspoon ground pepper white
- 1 teaspoon ground pepper black

2 teaspoons salt

Equipment

Directions

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

Nutrition Facts



PROTEIN 2.29% **FAT 4.56%** **CARBS 93.15%**

Properties

Glycemic Index:13.8, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:1.8108695531669%

Nutrients (% of daily need)

Calories: 48.18kcal (2.41%), Fat: 0.26g (0.4%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.28g (4.1%), Sugar: 10.8g (12%), Cholesterol: 0mg (0%), Sodium: 3052.57mg (132.72%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin A: 518.49IU (10.37%), Manganese: 0.12mg (5.84%), Vitamin E: 0.65mg (4.31%), Fiber: 0.76g (3.06%), Iron: 0.45mg (2.5%), Vitamin K: 2.46µg (2.34%), Vitamin B6: 0.04mg (2.09%), Calcium: 19.47mg (1.95%), Potassium: 54.29mg (1.55%), Copper: 0.03mg (1.52%), Magnesium: 4.44mg (1.11%), Vitamin B3: 0.21mg (1.06%)