



Rib Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

45 kcal

SEASONING

MARINADE

Ingredients



1 teaspoon pepper black



1 tablespoon brown sugar



1 teaspoon cayenne pepper



1 tablespoon chili powder



1 tablespoon cumin



1 tablespoon sea salt



1 tablespoon granulated onion



2 tablespoons kosher salt

- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon pepper white

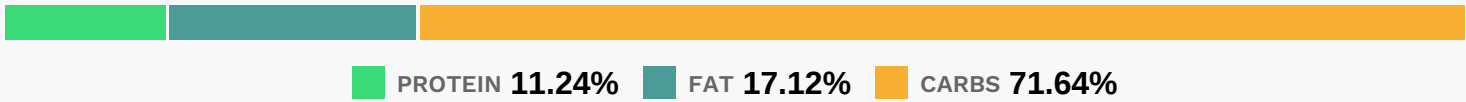
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all ingredients in a large bowl and mix well. Store in an airtight container. Pack on the dry rub onto your next rack of ribs.;

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:5.5447826748309%

Nutrients (% of daily need)

Calories: 44.51kcal (2.23%), Fat: 0.99g (1.53%), Saturated Fat: 0.14g (0.91%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 3528.32mg (153.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin A: 1684.78IU (33.7%), Manganese: 0.26mg (13.02%), Iron: 2.1mg (11.68%), Vitamin E: 1.49mg (9.96%), Fiber: 2.3g (9.22%), Vitamin B6: 0.15mg (7.35%), Potassium: 168.61mg (4.82%), Vitamin K: 4.9µg (4.67%), Magnesium: 17.53mg (4.38%), Copper: 0.08mg (4.18%), Calcium: 41.8mg (4.18%), Phosphorus: 36.15mg (3.62%), Vitamin B2: 0.06mg (3.27%), Vitamin B3: 0.55mg (2.76%), Zinc: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.61%), Selenium: 1.45µg (2.08%), Vitamin C: 1.07mg (1.29%), Folate: 4.32µg (1.08%)