



Smoky Barbecue Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



23 kcal

SEASONING

MARINADE

Ingredients

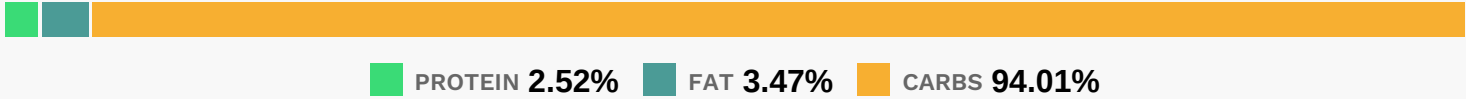
- ☐ 2 tablespoons t brown sugar dark packed
- ☐ 1 teaspoon chipotle sauce
- ☐ 2 teaspoons garlic salt
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon oregano dried

Equipment

Directions

Stir together brown sugar, garlic salt, chipotle chile powder, cumin, and oregano.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.30478260973873%

Nutrients (% of daily need)

Calories: 22.5kcal (1.12%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.21g (1.89%), Sugar: 5.07g (5.64%), Cholesterol: 0mg (0%), Sodium: 932.74mg (40.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Fiber: 0.35g (1.38%), Iron: 0.21mg (1.18%)