



Smoky Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



142 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup firmly brown sugar dark packed
- 1 teaspoon celery salt
- 2 teaspoons chili powder
- 2 teaspoons garlic salt
- 1 teaspoon ground cumin
- 1 teaspoon ground pepper red
- 2 teaspoons ground pepper black
- 1 tablespoon kosher salt

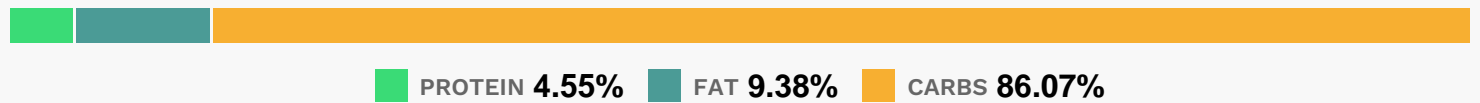
- 1 teaspoon onion salt
- 2 tablespoons paprika smoked

Equipment

Directions

- Stir together dark brown sugar, paprika, kosher salt, garlic salt, chili powder, ground black pepper, onion salt, celery salt, ground red pepper, and cumin. Store in an airtight container at room temperature up to 1 month.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:10.870869610621%

Nutrients (% of daily need)

Calories: 141.83kcal (7.09%), Fat: 1.65g (2.54%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 30.02g (10.92%), Sugar: 27.68g (30.76%), Cholesterol: 0mg (0%), Sodium: 8186.82mg (355.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin A: 4480.52IU (89.61%), Manganese: 0.49mg (24.61%), Vitamin E: 3.15mg (21.01%), Iron: 3.03mg (16.81%), Fiber: 4.02g (16.09%), Vitamin B6: 0.24mg (11.88%), Vitamin K: 11.87µg (11.3%), Potassium: 301.45mg (8.61%), Vitamin B2: 0.12mg (7.12%), Calcium: 70.14mg (7.01%), Magnesium: 26.73mg (6.68%), Copper: 0.13mg (6.41%), Vitamin B3: 1.12mg (5.61%), Phosphorus: 40.16mg (4.02%), Zinc: 0.51mg (3.43%), Vitamin B1: 0.04mg (2.65%), Vitamin B5: 0.26mg (2.58%), Selenium: 1.44µg (2.05%), Folate: 5.76µg (1.44%), Vitamin C: 0.92mg (1.11%)