



Smoky-Sweet BBQ Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



79 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 1 teaspoon mustard dry
- ☐ 2 teaspoons garlic powder
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup kosher salt
- ☐ 2 teaspoons pepper freshly ground

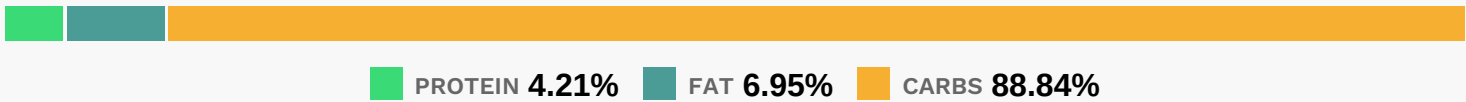
2 tablespoons paprika smoked

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:3.58, Inflammation Score:-7, Nutrition Score:4.2269565330251%

Nutrients (% of daily need)

Calories: 79.03kcal (3.95%), Fat: 0.66g (1.02%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 17.61g (6.4%), Sugar: 15.83g (17.59%), Cholesterol: 0mg (0%), Sodium: 5665.41mg (246.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 1388.81IU (27.78%), Manganese: 0.34mg (16.82%), Iron: 1.25mg (6.93%), Vitamin E: 0.86mg (5.77%), Fiber: 1.43g (5.74%), Vitamin B6: 0.09mg (4.62%), Vitamin K: 3.61µg (3.44%), Potassium: 120.07mg (3.43%), Magnesium: 12.21mg (3.05%), Calcium: 28.83mg (2.88%), Copper: 0.05mg (2.74%), Selenium: 1.75µg (2.51%), Vitamin B2: 0.04mg (2.44%), Phosphorus: 21.44mg (2.14%), Vitamin B3: 0.39mg (1.94%), Zinc: 0.24mg (1.62%), Vitamin B1: 0.02mg (1.42%), Vitamin B5: 0.11mg (1.1%)