



Supps! Not So Secret Chili Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



19 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoon brown sugar dark
- 2 tablespoon garlic powder
- 1 tablespoon oregano dried
- 1 teaspoon paprika sweet
- 3 tablespoon cumin seeds whole toasted

Equipment

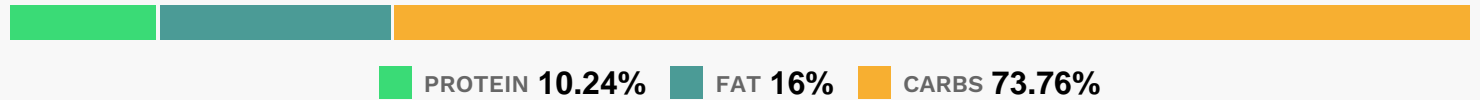
- food processor
- baking sheet

- oven
- mortar and pestle

Directions

- Preheat oven to 300 degrees F.
- Place the ancho chilies and the cascabel chilies on a lined baking sheet. Toast them in the oven for about 5 minutes. Then add the arbol chili pieces and toast an additional 4 to 5 minutes, until they are very dry and fragrant. Grind the chilies to a very fine powder using a mortar and pestle or a food processor.
- Add the remaining ingredients and blend until just combined.
- Place the rub in a jar with a tight fitting lid and store up to 6 months.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:1.5117391153522%

Nutrients (% of daily need)

Calories: 19.21kcal (0.96%), Fat: 0.38g (0.59%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 4.1mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Iron: 1.27mg (7.08%), Manganese: 0.09mg (4.39%), Vitamin K: 2.81µg (2.68%), Calcium: 23.71mg (2.37%), Vitamin A: 108.23IU (2.16%), Fiber: 0.51g (2.05%), Magnesium: 8.12mg (2.03%), Vitamin B6: 0.04mg (1.87%), Potassium: 54.44mg (1.56%), Phosphorus: 14.23mg (1.42%), Copper: 0.02mg (1.24%), Vitamin E: 0.18mg (1.22%), Vitamin B1: 0.02mg (1.1%)