



WHATSheATE



Texas Barbecue Dry Rub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



33 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon mustard dry
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons salt

Equipment

Directions

☐ Combine all of the ingredients. Store in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:3.4452173722827%

Nutrients (% of daily need)

Calories: 33.12kcal (1.66%), Fat: 0.73g (1.13%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 5.72g (2.08%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 984.93mg (42.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin A: 999.99IU (20%), Manganese: 0.19mg (9.35%), Vitamin E: 1.29mg (8.61%), Fiber: 1.43g (5.74%), Iron: 0.98mg (5.46%), Vitamin K: 4.82µg (4.59%), Vitamin B6: 0.08mg (3.85%), Potassium: 91.73mg (2.62%), Copper: 0.05mg (2.6%), Magnesium: 9.69mg (2.42%), Calcium: 23.6mg (2.36%), Selenium: 1.61µg (2.31%), Vitamin B3: 0.43mg (2.16%), Vitamin B2: 0.03mg (2.05%), Phosphorus: 16.66mg (1.67%), Zinc: 0.2mg (1.31%)