

## Wally's Rib Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



11

CALORIES



146 kcal

SEASONING

MARINADE

### Ingredients

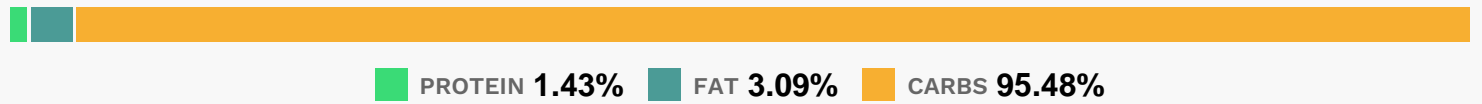
- 3 tablespoons brown sugar
- 1 teaspoon cayenne pepper
- 2.5 teaspoons chili powder
- 1.5 teaspoons garlic powder
- 1 tablespoon ground pepper black
- 0.3 cup hungarian paprika sweet
- 0.5 cup salt
- 1.8 cups sugar white

# Equipment

## Directions

- Stir together white sugar, brown sugar, paprika, black pepper, garlic powder, salt, chili powder, and cayenne pepper until blended. Store in an airtight container until ready to use.
- To use the rub, remove the membrane on the back of the ribs, and rub both sides of the ribs with the mixture. Don't skimp on the rub! Wrap the ribs with plastic, and refrigerate overnight. Cook the ribs slowly over indirect heat for 2 hours, basting with your favorite barbeque sauce during the last 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.01, Glycemic Load:22.38, Inflammation Score:-7, Nutrition Score:3.2952174434195%

## Nutrients (% of daily need)

Calories: 146.44kcal (7.32%), Fat: 0.54g (0.82%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 35.96g (13.08%), Sugar: 35.25g (39.16%), Cholesterol: 0mg (0%), Sodium: 5155.01mg (224.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin A: 1422.37IU (28.45%), Manganese: 0.14mg (7.03%), Vitamin E: 0.95mg (6.34%), Fiber: 1.24g (4.96%), Iron: 0.77mg (4.28%), Vitamin B6: 0.08mg (3.81%), Vitamin K: 3.49µg (3.33%), Vitamin B2: 0.04mg (2.57%), Potassium: 86.67mg (2.48%), Copper: 0.04mg (2%), Magnesium: 7mg (1.75%), Vitamin B3: 0.33mg (1.64%), Calcium: 16.35mg (1.63%), Phosphorus: 12.29mg (1.23%), Zinc: 0.17mg (1.11%)