

# BBQ Rub

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-bbq-rub-recipe>

## Ingredients:

- 2 tablespoons paprika
- 1 tablespoon sea salt
- 1 tablespoon ground black pepper fresh
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/2 teaspoon cayenne
- 3 tablespoons brown sugar – packed

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 11 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 1770 milligrams
7. Sugar: 7 grams

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