

Rib Rub

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-rib-rub-recipe>

Ingredients:

- 1/4 cup paprika [find organic paprika here](#)
- 2 tablespoons garlic powder [find organic garlic powder here](#)
- 2 tablespoons onion powder [find natural onion powder here](#)
- 4 teaspoons coarse salt [find unrefined coarse sea salt here](#)
- 4 teaspoons cinnamon ground, [find organic ground cinnamon here](#)
- 1 tablespoon black pepper ground, [find organic black peppercorns here](#)
- 2 teaspoons cumin [find organic cumin here](#)
- 2 teaspoons allspice ground, [find organic allspice here](#)
- 1 teaspoon oregano dry, [find organic dried oregano here](#)

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 14 grams
3. Fat: 1.5 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. Sodium: 2370 milligrams
7. Sugar: 1 grams

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