

# Barbecue Dry Rub

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 4 1/2 tablespoons light brown sugar
- 1 1/2 tablespoons cumin
- 1 1/2 tablespoons paprika
- 1 tablespoon allspice
- 3 3/4 teaspoons chili powder
- 2 3/4 teaspoons garlic powder
- 2 3/4 teaspoons black pepper
- 1 3/4 teaspoons celery seed
- 1 1/2 teaspoons marjoram
- 1 1/2 teaspoons thyme
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons oregano
- 1 1/2 teaspoons coriander
- 1 teaspoon celery salt
- 3/4 teaspoon kosher salt
- 1/4 teaspoon cayenne

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 24 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 490 milligrams
7. Sugar: 16 grams

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