

# Barbecue Rub

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*1 tablespoon paprika  
1 tablespoon light brown  
sugar  
2 teaspoons ancho chile  
powder  
1 teaspoon ground cumin  
1/2 teaspoon mustard  
powder  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon pepper*

In a small bowl, mix the paprika and light brown sugar with the ancho chile powder, cumin, mustard powder, garlic powder, onion powder and pepper.

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Per Serving (excluding unknown items): 76 Calories; 2g Fat (16.4% calories from fat); 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.