

# Baby Back Rib Rub

Gwen  
www.SlowCookerKitchen.com

1 tablespoon pink Himalayan salt  
1 tablespoon brown sugar  
1 teaspoon black pepper  
2 teaspoons onion powder  
2 teaspoons garlic powder  
1 tablespoon chili powder  
1 teaspoon dried mustard.

In a bowl, mix all of the ingredients. May be placed in an airtight container and stored for up to three months.

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Per Serving (excluding unknown items): 97 Calories; 1g Fat (11.4% calories from fat); 3g Protein; 22g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 84mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	97
% Calories from Fat:	11.4%
% Calories from Carbohydrates:	79.4%
% Calories from Protein:	9.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	22g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	84mg
Potassium (mg):	304mg
Calcium (mg):	58mg
Iron (mg):	2mg
Zinc (mg):	trace

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	1/2

Vitamin C (mg): 7mg  
Vitamin A (i.u.): 2624IU  
Vitamin A (r.e.): 262 1/2RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	97	Calories from Fat: 11
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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	84mg	4%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	3g	14%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	52%
<b>Vitamin C</b>	11%
<b>Calcium</b>	6%
<b>Iron</b>	12%

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\* Percent Daily Values are based on a 2000 calorie diet.