

**Misc.**

---

## **Grilling Rub - Iced Tea-Infused Rub**

Women's Day Magazine

*Best for Pork kebabs, seafood, chicken, steak, ribs, eggplant, zucchini, sweet potatoes.*

*For major flavor, refrigerate for a few hours before cooking.*

*Can be stored for up to three months in an airtight container.*

*Pat about two tablespoons into each pound of meat.*

**1/2 cup powdered ice tea mix (with no artificial sweeteners)**

**2 tablespoons ground ginger**

**4 teaspoons Kosher salt**

**2 teaspoons ground cinnamon**

**2 teaspoons black pepper**

**1 teaspoon ground cloves**

Yield: 3/4 cup

---

Per Serving (excluding unknown items): 67 Calories; 1g Fat (15.1% calories from fat); 2g Protein; 15g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 7532mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fat.