

Zesty Ranch Rub for Chicken

Robb Walsh's Legends of Texas Barbecue Cookbook
www.CommunityTable.com

Yield: 2/3 cup

1/4 cup sweet paprika
2 tablespoons sugar
2 tablespoons garlic salt
1 tablespoon powdered ranch dressing mix
1/2 teaspoon poultry seasoning
1/8 teaspoon pepper
1/4 teaspoon cayenne pepper

In a bowl, use a fork to combine the paprika, sugar, garlic salt, ranch dressing mix, poultry seasoning, pepper and cayenne pepper.

Rub on chicken at least 30 minutes before grilling.

Per Serving (excluding unknown items): 125 Calories; trace Fat (0.9% calories from fat); trace Protein; 32g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 12300mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|---------|-----------------------|-------|
| Calories (kcal): | 125 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 0.9% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 98.7% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 0.4% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 1mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refused: | 0.0% |
| Carbohydrate (g): | 32g | Food Exchanges | |
| Dietary Fiber (g): | 6g | Grain (Starch): | 0 |
| Protein (g): | trace | Lean Meat: | 0 |
| Sodium (mg): | 12300mg | Vegetable: | 0 |
| Potassium (mg): | 17mg | Fruit: | 0 |
| Calcium (mg): | 8mg | Non-Fat Milk: | 0 |

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 200IU
Vitamin A (r.e.): 20RE

Fat: 0
Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

| | | |
|----------|-----|----------------------|
| Calories | 125 | Calories from Fat: 1 |
|----------|-----|----------------------|

% Daily Values*

| | | |
|----------------------------|---------|------|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 12300mg | 513% |
| Total Carbohydrates | 32g | 11% |
| Dietary Fiber | 6g | 26% |
| Protein | trace | |

| | |
|------------------|----|
| Vitamin A | 4% |
| Vitamin C | 1% |
| Calcium | 1% |
| Iron | 2% |

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