



Dry Jerk Spice Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



20 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 tablespoon onion flakes dried
- ☐ 1 tablespoon parsley dried
- ☐ 1 teaspoon nutmeg fresh grated
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground allspice

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons ground pepper red
- ☐ 2 teaspoons ground thyme
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 teaspoon ground star anise

Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl, stirring well. Store in an airtight container up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:2.5056521711142%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 19.98kcal (1%), Fat: 0.4g (0.62%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.37g (1.23%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 590.24mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Vitamin K: 11.33µg (10.79%), Vitamin A: 399IU (7.98%), Manganese: 0.15mg (7.55%), Iron: 0.8mg (4.47%), Fiber: 0.91g (3.65%), Vitamin B6: 0.06mg (3.08%), Vitamin E: 0.39mg (2.61%), Vitamin C: 1.92mg (2.33%), Calcium: 21.95mg (2.2%), Potassium: 68.04mg (1.94%), Magnesium: 6.86mg (1.71%), Copper: 0.03mg (1.49%), Phosphorus: 13.98mg (1.4%), Vitamin B2: 0.02mg (1.29%), Folate: 4.59µg (1.15%), Vitamin B1: 0.02mg (1.08%)