

Easy Jerk Seasoning

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

5 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1.5 teaspoons apple-pie spice
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground pepper red
- ☐ 2.5 teaspoons kosher salt

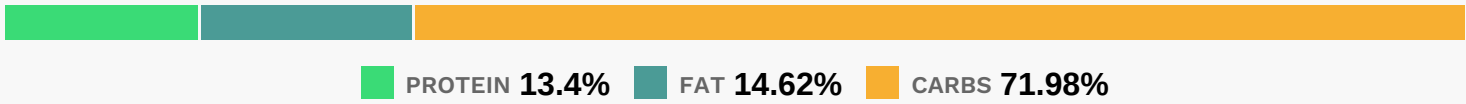
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:0.80913043070747%

Nutrients (% of daily need)

Calories: 4.86kcal (0.24%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.07g (0.07%), Cholesterol: 0mg (0%), Sodium: 582.18mg (25.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.08mg (3.83%), Vitamin K: 3.68µg (3.5%), Iron: 0.37mg (2.07%), Vitamin A: 91.6IU (1.83%), Vitamin B6: 0.02mg (1.02%)