



## Jamaican Jerk Paste



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup green onion tops chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.3 cup onion red finely chopped

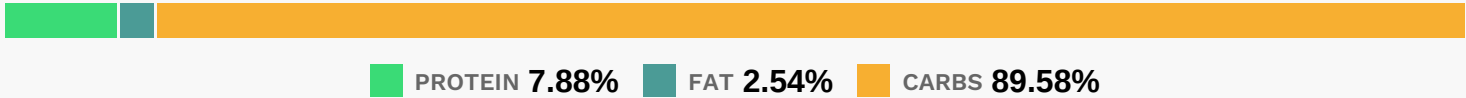
- ☐ 1 teaspoon salt
- ☐ 1 scotch bonnet pepper
- ☐ 1 tablespoon water

## Equipment

## Directions

- ☐ Cut Scotch bonnet pepper into quarters.
- ☐ Remove and discard seeds and membranes from 3 pepper quarters; leave seeds and membrane intact in remaining pepper quarter.
- ☐ Place pepper and remaining ingredients in a mini chopper, and process until a fine paste forms.

## Nutrition Facts



## Properties

Glycemic Index:4.35, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.25217390967452%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 2.11kcal (0.11%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 48.8mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin K: 2.19µg (2.09%)