



## Jamaican Jerk Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



69 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 0.3 cup freeze-dried chives
- ☐ 1 tablespoon onion flakes dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon garlic powder
- ☐ 2 teaspoons ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander

- ☐ 1 tablespoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon ground pepper red
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 1 tablespoon brown sugar light
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon sea salt fine-grain

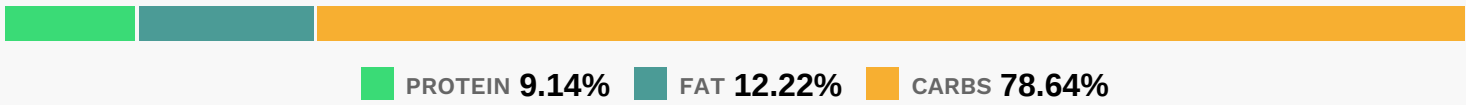
## Equipment

- ☐ blender

## Directions

- ☐ Process all ingredients in a blender until ground and well blended.

## Nutrition Facts



## Properties

Glycemic Index:53, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:9.5391305944194%

## Nutrients (% of daily need)

Calories: 68.61kcal (3.43%), Fat: 1.09g (1.68%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 12.04g (4.38%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 2334.99mg (101.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Manganese: 1.35mg (67.37%), Vitamin K: 27.24µg (25.95%), Vitamin A: 1005.14IU (20.1%), Iron: 3.04mg (16.89%), Fiber: 3.74g (14.97%), Calcium: 86.14mg (8.61%), Vitamin C: 6.97mg (8.44%), Vitamin B6: 0.16mg (8.22%), Magnesium: 28.31mg (7.08%), Potassium: 220.55mg (6.3%), Copper: 0.11mg (5.59%), Phosphorus: 46.52mg (4.65%), Vitamin E: 0.68mg (4.55%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.05mg (3.64%), Zinc: 0.53mg (3.56%), Folate: 12.66µg (3.16%), Vitamin B3: 0.54mg (2.71%), Vitamin B2: 0.04mg (2.61%), Vitamin B5: 0.1mg (1.03%)