



Jamaican Jerk Rub And Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



73 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon onion powder
- 1 teaspoon thyme leaves
- 1 teaspoon allspice
- 1 teaspoon pepper black
- 1 teaspoon ground pepper
- 1 teaspoon cumin
- 1 teaspoon paprika
- 2 teaspoons chives dried

- 0.3 teaspoon cinnamon
- 0.3 teaspoon nutmeg
- 1 teaspoon garlic salt
- 1 teaspoon sea salt

Equipment

- bowl
- frying pan

Directions

- Combine all ingredients in a small bowl.
- Use as a rub on any grilled, baked or pan-seared meats or as a seasoning for vegetable dishes.
- Store in a non-porous airtight container.

Nutrition Facts



Properties

Glycemic Index:219, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:18.223043478261%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg

Taste

Sweetness: 6.3%, Saltiness: 100%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 15.6%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 73.14kcal (3.66%), Fat: 1.87g (2.88%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 8.95g (3.25%), Sugar: 0.76g (0.84%), Cholesterol: 0mg (0%), Sodium: 4666.89mg (202.91%), Protein: 3.67g (7.33%), Vitamin A: 8694.33IU (173.89%), Vitamin C: 71.25mg (86.36%), Manganese: 0.76mg (37.98%), Iron: 4.74mg (26.31%), Fiber: 5.93g (23.71%), Magnesium: 89.93mg (22.48%), Vitamin B6: 0.33mg (16.51%), Calcium: 152.97mg (15.3%), Potassium: 497.64mg (14.22%), Vitamin B2: 0.21mg (12.57%), Copper: 0.18mg (8.88%),

Phosphorus: 88.55mg (8.85%), Vitamin B1: 0.13mg (8.7%), Vitamin E: 1.28mg (8.55%), Vitamin K: 6.83µg (6.51%),
Zinc: 0.93mg (6.2%), Vitamin B3: 1.18mg (5.92%), Folate: 17.6µg (4.4%), Vitamin B5: 0.31mg (3.1%), Selenium: 1.81µg
(2.58%)