



Jamaican Jerk Seasoning Blend



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



22 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons cayenne pepper
- ☐ 2 teaspoons parsley dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

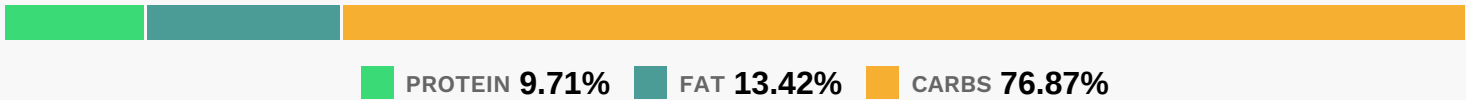
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons sugar

Equipment

Directions

- ☐ Combine all ingredients; store in an airtight container for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:48.82, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:2.6660869808301%

Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg

Nutrients (% of daily need)

Calories: 22.49kcal (1.12%), Fat: 0.39g (0.6%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 936.33mg (40.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin A: 608.92IU (12.18%), Vitamin K: 8.97µg (8.55%), Manganese: 0.15mg (7.51%), Iron: 0.88mg (4.87%), Fiber: 1.08g (4.33%), Vitamin B6: 0.07mg (3.45%), Vitamin E: 0.48mg (3.21%), Calcium: 20.6mg (2.06%), Potassium: 68.62mg (1.96%), Magnesium: 6.73mg (1.68%), Copper: 0.03mg (1.65%), Phosphorus: 15.64mg (1.56%), Vitamin C: 1.24mg (1.5%), Vitamin B1: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.22%), Zinc: 0.17mg (1.12%)