



## Jamaican Wet Jerk Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



612 kcal

SEASONING

MARINADE

### Ingredients

- 0.5 teaspoon allspice
- 0.5 tablespoon pepper black
- 1 cup brown sugar
- 1 teaspoon chili powder
- 0.5 teaspoon cinnamon
- 2 teaspoons cilantro leaves
- 2 teaspoons basil fresh
- 2 teaspoons thyme sprigs fresh

- 3 garlic clove chopped
- 1 cup spring onion finely chopped
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground cumin
- 2 teaspoons ground ginger
- 0.5 teaspoon nutmeg
- 1 scotch bonnet peppers steamed finely chopped
- 0.5 teaspoon juice of lime
- 2 tablespoons vegetable oil; peanut oil preferred
- 0.5 teaspoon pepper red crushed
- 1 teaspoon salt
- 2 tablespoons paprika smoked

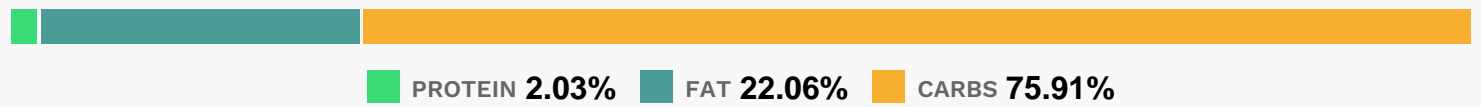
## Equipment

- blender

## Directions

- Combine all the ingredients in a blender (or use an emulsion blender). Blend into a thick, chunky paste. Refrigerate for at least 2 hrs for flavors to blend. (You can also opt to just mix well for a chunkier rub).The mixture will keep in a tightly sealed container in the refrigerator for several months.

## Nutrition Facts



## Properties

Glycemic Index:198, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:22.841304094895%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

## **Nutrients (% of daily need)**

Calories: 611.7kcal (30.58%), Fat: 15.83g (24.36%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 122.59g (40.86%), Net Carbohydrates: 116.5g (42.36%), Sugar: 109.28g (121.43%), Cholesterol: 0mg (0%), Sodium: 1235.95mg (53.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin K: 115.68µg (110.17%), Vitamin A: 4567.34IU (91.35%), Manganese: 1.7mg (85.11%), Vitamin E: 5.21mg (34.76%), Vitamin C: 21.97mg (26.63%), Iron: 4.78mg (26.57%), Fiber: 6.08g (24.34%), Calcium: 192.34mg (19.23%), Vitamin B6: 0.37mg (18.47%), Potassium: 591.49mg (16.9%), Magnesium: 52.15mg (13.04%), Copper: 0.24mg (11.81%), Folate: 40.67µg (10.17%), Vitamin B2: 0.17mg (9.94%), Vitamin B3: 1.66mg (8.32%), Phosphorus: 71.51mg (7.15%), Selenium: 4.32µg (6.18%), Zinc: 0.85mg (5.7%), Vitamin B1: 0.08mg (5.14%), Vitamin B5: 0.45mg (4.54%)