

Jerk Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SEASONING

MARINADE

Ingredients

- 2 teaspoons allspice
- 0.3 teaspoon pepper black freshly ground
- 4 pepper flakes stemmed seeded coarsely chopped
- 1 tablespoon t brown sugar dark packed ()
- 1 tablespoon ginger fresh minced peeled
- 2 tablespoons thyme sprigs fresh
- 3 garlic clove roughly chopped
- 1 teaspoon kosher salt plus more

- 0.3 cup juice of lime fresh
- 4 spring onion coarsely chopped
- 6 tablespoons vegetable oil divided
- 2 tablespoons vinegar white

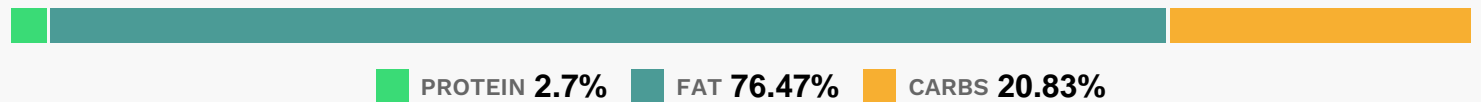
Equipment

- food processor
- whisk
- grill

Directions

- Purée 4 tablespoons oil and the next 10 ingredients in a food processor until smooth.
- Whisk in vinegar and remaining 2 tablespoons oil and season to taste with salt. Refrigerate sauce. Put meat in a glass, stainless-steel, or ceramic dish. Toss with remaining marinade. Cover and chill for at least 3 hours or overnight.
- Remove meat from marinade, pat dry, and grill.
- Spoon reserved sauce over grilled meat.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:12.519130442453%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 233.88kcal (11.69%), Fat: 20.93g (32.2%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 10.65g (3.87%), Sugar: 5.89g (6.54%), Cholesterol: 0mg (0%), Sodium: 591.49mg (25.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin C: 78.82mg (95.54%), Vitamin K: 68.99µg (65.71%), Manganese: 0.3mg (15.21%), Vitamin A: 736.08IU (14.72%), Vitamin B6: 0.29mg (14.52%), Vitamin E: 2.09mg (13.91%), Fiber: 2.18g (8.73%), Iron: 1.53mg (8.52%), Potassium: 264.98mg (7.57%), Magnesium: 24.78mg (6.2%), Copper: 0.12mg (5.99%), Calcium: 55.76mg (5.58%), Folate: 22.32µg (5.58%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.81mg (4.06%), Phosphorus: 37.08mg (3.71%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.16mg (1.55%), Selenium: 0.79µg (1.13%)