

Jerk Seasoning



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



77 kcal

SEASONING

MARINADE

Ingredients

- 0.5 teaspoon ground pepper
- 2 tablespoons dehydrated onion dried minced
- 2.5 teaspoons thyme dried
- 2 teaspoons ground allspice
- 0.5 teaspoon ground cinnamon
- 2 teaspoons pepper black
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

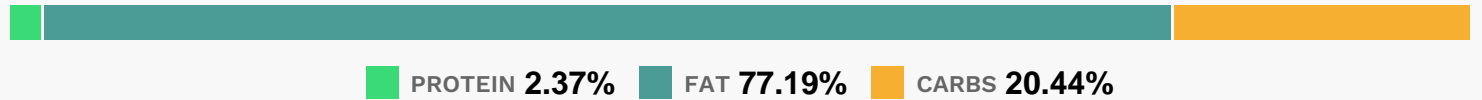
Equipment

bowl

Directions

In a small bowl, stir together the dried onion, thyme, allspice, ground black pepper, cinnamon, cayenne pepper, and salt. Coat meat lightly with oil, then rub seasoning onto meat.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:3.4065217660821%

Nutrients (% of daily need)

Calories: 77.11kcal (3.86%), Fat: 7.02g (10.81%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.05g (1.11%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 292.62mg (12.72%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Vitamin K: 25.23µg (24.03%), Manganese: 0.29mg (14.51%), Iron: 1.02mg (5.68%), Vitamin E: 0.7mg (4.66%), Fiber: 1.13g (4.52%), Vitamin C: 2.78mg (3.37%), Calcium: 32.33mg (3.23%), Vitamin A: 139.83IU (2.8%), Vitamin B6: 0.05mg (2.75%), Potassium: 75.54mg (2.16%), Copper: 0.04mg (1.83%), Magnesium: 7.27mg (1.82%), Folate: 6.67µg (1.67%), Vitamin B1: 0.02mg (1.24%), Phosphorus: 12.43mg (1.24%)