



Jerk Seasoning



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 habanero chile pepper seeded chopped
- ☐ 2 bunches green onions chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons jerk seasoning blend
- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon salt

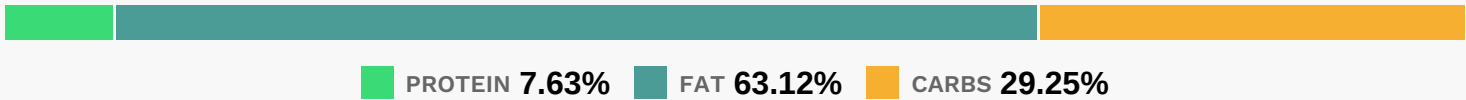
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

Equipment

Directions

- ☐ Stir together all ingredients.
- ☐ *6 jalapeno peppers, chopped but not seeded, may be substituted for 1 Scotch bonnet
- ☐ ** For testing purposes, we used Johnny's "Jamaica Me Crazy" Jerk Seasoning.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:6.7143478989601%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 64.58kcal (3.23%), Fat: 4.82g (7.41%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 1501.74mg (65.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin K: 56.42µg (53.74%), Manganese: 0.4mg (20.2%), Iron: 2.23mg (12.36%), Fiber: 2.65g (10.62%), Calcium: 92.4mg (9.24%), Vitamin E: 1.34mg (8.92%), Vitamin C: 4.09mg (4.96%), Magnesium: 19.18mg (4.79%), Folate: 18.4µg (4.6%), Vitamin B6: 0.08mg (3.92%), Vitamin A: 182.36IU (3.65%), Potassium: 113.85mg (3.25%), Copper: 0.06mg (2.84%), Vitamin B3: 0.54mg (2.69%), Vitamin B2: 0.04mg (2.57%), Phosphorus: 20.75mg (2.08%), Zinc: 0.21mg (1.42%), Vitamin B1: 0.02mg (1.24%)