



## Jerk spice mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



14 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 2 tbsp ground cinnamon
- ☐ 2 tbsp peppercorns black
- ☐ 1 tbsp thyme dried
- ☐ 2 tsp allspice
- ☐ 1.5 tsp ground pepper
- ☐ 0.5 nutmeg grated

## Equipment

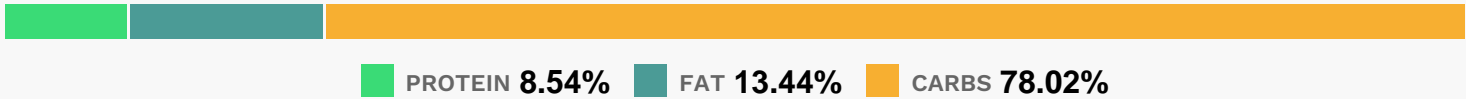
- ☐ frying pan

☐ mortar and pestle

## Directions

- ☐ Toast the whole spices in a small pan until they are aromatic and have turned a shade or two darker. Dont be tempted to skip this stage, as it really enhances the flavours.
- ☐ Tip into a spice grinder (or use a pestle and mortar), then add the ready-ground spices and dried herbs if required, and crush to a fine powder. Store in a sealed jar for up to six months.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:3.1726087176281%

## Nutrients (% of daily need)

Calories: 14.04kcal (0.7%), Fat: 0.29g (0.44%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 1.65mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Manganese: 0.6mg (29.93%), Vitamin K: 11.35µg (10.81%), Fiber: 1.8g (7.2%), Iron: 0.95mg (5.27%), Calcium: 39.72mg (3.97%), Vitamin A: 149.65IU (2.99%), Copper: 0.04mg (2.15%), Magnesium: 7.23mg (1.81%), Potassium: 52.88mg (1.51%), Vitamin E: 0.17mg (1.13%), Vitamin C: 0.87mg (1.05%)