



825232 - Seasoning Blend, Jamaican Jerk

Source: K12 Culinary

Number of Portions: 18

Size of Portion: tbsp

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002001 ALLSPICE,GROUND.....	1/3 cup	Combine all ingredients and whisk until evenly blended. Store in a plastic seasoning container in a cool, dry location until ready to use. NOTE: Jerk seasoning is specially formulated to season the pork for Jamaican Jerk Tacos.
799906 THYME LEAF,DRIED.....	3 TBSP (leaves)	
002010 CINNAMON,GROUND.....	2 Tbsp + 2 tsp	
799903 GARLIC,GRANULATED.....	2 Tbsp + 2 tsp	
002021 GINGER,GROUND.....	2 Tbsp + 2 tsp	
002026 ONION POWDER.....	1 Tbsp + 1 tsp	
901088 PEPPERS, CRUSHED RED....	1 Tbsp	

*Nutrients are based upon 1 Portion Size (tbsp)

Calories	17	kcal	Cholesterol	0	mg	Sugars	*0.1*	g	Calcium	36.14	mg	12.85%	Calories from Total Fat
Total Fat	0.25	g	Sodium	3	mg	Protein	0.53	g	Iron	1.05	mg	4.39%	Calories from Saturated Fat
Saturated Fat	0.08	g	Carbohydrates	4.37	g	Vitamin A	101.1	IU	Water ¹	*0.49*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	1.48	g	Vitamin C	1.3	mg	Ash ¹	*0.28*	g	100.97%	Calories from Carbohydrates
												12.27%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.