



## 825232 - Seasoning Blend, Jamican Jerk

Source: K-12 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	1. Combine all ingredients and stir until evenly blended. 2. Store in a plastic seasoning container in a cool, dry location until ready to use. NOTE: Jerk seasoning is specially formulated to season pork for Jamaican Jerk Tacos.
901088 PEPPERS, CRUSHED RED....	1 Tbsp	
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	

\*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 <sup>1</sup>	*0.49* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.48 g	Vitamin C	1.3 mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.