



Caribbean Jerk Seasoning
simpleandsavory.com

Save some money and make your own Carribean jerk seasoning. It's so quick and easy to make and tastes great.

Servings: 1

PREP TIME
10 MIN

TOTAL TIME
10 MIN

Ingredients

- 1 1/2 teaspoons cayenne pepper
- 1 teaspoon crushed red pepper flakes
- 2 teaspoons dried thyme
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 2 teaspoons sea salt
- 1/2 teaspoon coconut sugar
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon cinnamon
- 1 tablespoon allspice
- 1 tablespoon onion powder

Nutrition

Calories 109, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 0mg, Sodium 4248mg, Total Carbohydrates 24g, Dietary Fiber 6g, Sugar 3g, Protein 3g, Vitamin A 1990IU, Vitamin C 8mg, Calcium 143mg, Iron 4mg, Phosphorous 91mg, Potassium 386mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Combine and whisk all of the spices together in a mixing bowl. Store in a container.
3. Use as needed in parent recipes.

Serving instructions

Total recipe yields 1/3 cup.

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 11.5.24. Nutrition Facts reflect the amount of the entire recipe.

Equipment

mixing bowl, whisk

Tags

december collection, whisk, mixing bowl, caribbean, sub recipe, simply and savory