

Jamaican Jerk Rub

4 Servings • 1 Serving = 2 Teaspoons



INGREDIENTS

- ½ cup onion, coarsely chopped
- 2 Tablespoon lime juice
- 1 teaspoon crushed red pepper
- ½ teaspoon kosher salt
- ¼ teaspoon ground all-spice
- ¼ teaspoon curry powder
- ¼ teaspoon freshly ground black pepper
- 1/8 teaspoon dried thyme, crushed
- 1/8 teaspoon ground ginger
- 2 cloves garlic, quartered

DIRECTIONS

1. Combine all ingredients in a blender or food processor. Blend until mixture is smooth.

Nutrition Facts

4 servings per container
Serving size 2 teaspoons

Amount per serving
Calories 15

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 0g

Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 59mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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