

# Salt-Free Jerk Seasoning



*This Jamaican inspired spice blend is great on chicken but also works well as a seasoning for fish, shrimp, tofu, and pork dishes.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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## INGREDIENTS

1 Tbsp	Onion Powder
1 Tbsp	Garlic Powder
2 tsp	Thyme, dried
2 tsp	Light Brown Sugar
1 tsp	Cayenne Pepper
1 tsp	Black Pepper
1 tsp	Paprika, Smoked or Sweet
1 tsp	Allspice, ground
1 tsp	Parsley, dried
½ tsp	Crushed Red Pepper Flakes
½ tsp	Cinnamon, ground
½ tsp	Nutmeg, ground
½ tsp	Cloves, ground
¼ tsp	Cumin, ground

## CHEF'S NOTES

This spice mixture is the perfect blend of heat and warmth with a touch of sweetness. Feel free to add more cayenne or red pepper flakes if you like more heat!

The name "Jerk" refers to the style of seasoning, smoking and grilling meat. Jerk foods have deep roots in indigenous Jamaican and African cultures blended together.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small bowl, combine all the spices and stir to combine. If necessary, use a fork to break up any clumps of brown sugar.
3. Use immediately or store in a sealed jar or container with a lid.

# Nutrition Facts

6 servings per container

**Serving size** 1 Tbsp (7g)

**Amount Per Serving**

**Calories** 25

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 5g 2%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 1g Added Sugars 2%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.8mg 4%

Potassium 70mg 2%

\* The % Daily Value (DV) 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.

Recipe adapted from *Chili Pepper Madness* by Mike Hulquist, "Jamaican Jerk Seasoning – Taste of the Caribbean" (8/15/19)



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