

Jamaican Jerk Seasoning

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-choice-jerk-seasoning-recipe>

Ingredients:

- 2 teaspoons cayenne pepper
- 2 teaspoons dried parsley
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons dried thyme
- 1 teaspoon black pepper course
- 2 teaspoons kosher salt
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ginger root ground
- 1 teaspoon ground allspice
- 1/2 teaspoon ground cloves

Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 4 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 1200 milligrams

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