

**Misc.**

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## **Grilling Rub - Jamaican Jerk Rub**

Women's Day Magazine

*Best for Salmon, mahi mahi, pork tenderloin, steak, bone-in chicken.*

*For major flavor, refrigerate for a few hours before cooking.*

*Can be stored for up to three months in an airtight container.*

*Pat about two tablespoons into each pound of meat.*

**1/4 cup brown sugar**

**2 teaspoons garlic powder**

**2 teaspoons ground ginger**

**1 teaspoon Kosher salt**

**1 teaspoon ground allspice**

**1/2 teaspoon ground nutmeg**

**1/4 teaspoon cayenne**

**1/4 teaspoon black pepper**

Yield: 1/2 cup

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Per Serving (excluding unknown items): 182 Calories; 1g Fat (4.4% calories from fat); 2g Protein; 44g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1899mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat; 2 1/2 Other Carbohydrates.