

Jerk Rub

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1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon sugar
1 teaspoon dried thyme
1 teaspoon ground allspice
1 teaspoon black pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
1/4 teaspoon ground cloves

In a small bowl, mix together the garlic powder, onion powder, sugar, thyme, allspice, black pepper, cayenne, salt and cloves.

Place in an airtight container.

Per Serving (excluding unknown items): 52 Calories; 1g Fat (9.5% calories from fat); 1g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1073mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat; 1/2 Other Carbohydrates.