

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving 410

Amount/serving	% DV	Amount/serving	% DV
Total Fat 29g	38%	Total Carb. 7g	2%
Saturated Fat 8g	39%	Fiber 1g	5%
<i>Trans Fat</i> 0g		Total Sugars 3g	
Cholesterol 145mg	48%	Incl.0g Added Sugars	0%
Sodium 600mg	26%	Protein 30g	
Vitamin D 0% · Calcium 4% · Iron 20% · Potassium 8%			

Jamaican Jerk Chicken

Ingredients: chicken thigh meat , brown sugar, olive oil, kosher salt, garlic powder, onion powder, thyme, black pepper, smoked paprika, coriander, allspice, marjoram spice, cinnamon, nutmeg, ground cloves, cayenne pepper, cumin, New Mexican chili pepper