



Tan Rosie Product Ingredient List

Caribbean Cookery Kit Gift Hamper And Recipe Book

Product Name: Caribbean Lime Rub

Ingredients: Dried Onions, Brown Sugar, Ground Ginger, Dried Oregano, Black Pepper, Chilli Flakes, Dried Thyme, Salt, Garlic

Nutritional Information:

Nutrition	Per 100g	Per 20g	Unit
Energy	1296	(kJ) 259	(kJ)
Energy	308	62	(kcal)
Fat	3.4	0.7	g
Saturates	0.9	0.2	g
Carbohydrate	51	10	g
Sugars	30	5.9	g
Protein	8.4	1.7	g
Salt	8.2	1.6	g

Product Name: Caribbean Paprika Rub

Ingredients: Paprika (27.8%), Dried Onions, Brown Sugar, Salt, Dried Thyme, Dried Oregano, Chilli Flakes, Black Pepper, Allspice, Garlic, Ground Nutmeg

Nutritional Information:

Nutrition	Per 100g	Per 20g	Unit
Energy	1326	265	(kJ)
Energy	317	63	(kcal)
Fat	6.5	1.3	g
Saturates	1.4	0.3	g

Carbohydrate	44	8.7	g
Sugars	26	5.2	g
Protein	9.5	1.9	g
Salt	5.5	1.1	g

Product Name: Caribbean Style Curry Powder

Ingredients: Coriander Seeds, Turmeric, Ground Ginger, Cumin Seeds, Black Pepper, Garlic, Cardamom, Fenugreek Seeds, Dried Cloves, Chilli Flakes, Fennel Seeds, Curry Leaves (0.47%)

Nutritional Information:

Nutrition	Per 100g	Per 40g	Unit
Energy	1447	579	(kJ)
Energy	347	139	(kcal)
Fat	12	4.6	g
Saturates	1.5	0.6	g
Carbohydrate	35	14	g
Sugars	4.5	1.8	g
Protein	12	4.8	g
Salt	0.14	0.05	g

Product Name: Jerk Rub

Ingredients: Dried Onions, Black Pepper, Brown Sugar, Allspice, Chilli Flakes, Salt, Ground Ginger, Garlic, Dried Thyme, Dried Oregano, Dried Cloves, Dried Bay Leaf, Ground Nutmeg, Ground Cinnamon

Nutritional Information:

Nutrition	Per 100g	Per 20g	Unit
Energy	1366	273	(kJ)
Energy	325	65	(kcal)
Fat	3.5	0.7	g
Saturates	1	0.2	g
Carbohydrate	55	11	g
Sugars	33	6.6	g
Protein	8.4	1.7	g
Salt	5.8	1.2	g

Product Name: Garlic & Pepper Hot Sauce

Ingredients: White Wine Vinegar [**Sulphites**], Scotch Bonnet Chillies (25.7%), Water, Onions, Garlic (5.1%), Olive Oil, Sugar, Corn Flour, Paprika, Turmeric, Salt

Nutritional Information:

Nutrition	Per 100g	Unit
Energy	235	(kJ)
Energy	56	(kcal)
Fat	3.3	g
Saturates	0.5	g
Carbohydrate	5	g
Sugars	3.8	g
Protein	1.1	g
Salt	0.59	g