

Jamaican Jerk Salad with Sweet and Spicy Dressing

Diabetes Friendly

Serves 4

Ingredients

Salad

2 cups red or white cabbage, shredded

2 cups iceberg lettuce, shredded

½ cup carrots, shredded

½ cup mango, diced

½ cup pumpkin seeds, optional

Dressing

2 tablespoons apple cider vinegar

2 tablespoons Honey

1 tablespoon sriracha

½ cup olive oil

Added Protein or (Cauliflower steaks)

4 chicken thighs or 4-4 ounce chicken breast, salmon filets or 16 ounces firm tofu, diced

3 tablespoons jerk seasoning

1 tablespoon olive oil

Instructions

1. In a medium bowl or the serving bowl, mix all of the salad ingredients.
2. In a smaller bowl, combine the dressing ingredients and mix well.
3. On a baking sheet, coat your protein with the oil and seasoning. Bake in a Preheated 425 degree oven for 15-18 minutes depending on your protein. (Cook chicken and Fish to 165 internal temperature)
4. Mix the dressing with the salad, top with your protein, enjoy.

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

Nutrition Facts

Amount Per Serving	
Calories 353	Calories from Fat 259
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 4.1g	21%
Trans Fat 0g	
Polyunsaturated Fat 3.6g	
Monounsaturated Fat 20g	
Cholesterol 0mg	0%
Sodium 126mg	5%
Potassium 386mg	11%
Total Carbohydrates 24g	8%
Dietary Fiber 4.4g	18%
Sugars 15g	
Protein 3.2g	

* Percent Daily Values are based on a 2000 calorie diet.



Salmon

Nutrition Facts	
Amount Per Serving	
Calories 278	Calories from Fat 164
% Daily Value	
Total Fat 18g	28%
Saturated Fat 3.3g	16%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 5.8g	
Monounsaturated Fat 7.7g	
Cholesterol 71mg	24%
Sodium 218mg	9%
Potassium 441mg	13%
Total Carbohydrates 1.9g	1%
Dietary Fiber 0.1g	0%
Sugars 1.7g	
Protein 25g	
Vitamin A	5.7%
Vitamin C	7.1%
Calcium	1.5%
Iron	2.5%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken Thighs

Nutrition Facts	
Amount Per Serving	
Calories 161	Calories from Fat 100
% Daily Value	
Total Fat 11g	17%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0.1g	
Polyunsaturated Fat 2.4g	
Monounsaturated Fat 5.7g	
Cholesterol 83mg	28%
Sodium 187mg	8%
Potassium 168mg	5%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Sugars 0.8g	
Protein 15g	
Vitamin A	1%
Vitamin C	0.1%
Calcium	0.7%
Iron	3.9%

* Percent Daily Values are based on a 2000 calorie diet.

Tofu

Nutrition Facts	
Amount Per Serving	
Calories 139	Calories from Fat 92
% Daily Value	
Total Fat 10g	15%
Saturated Fat 1.6g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.6g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	0%
Sodium 153mg	6%
Potassium 153mg	4%
Total Carbohydrates 3.2g	1%
Dietary Fiber 1.2g	5%
Sugars 2.5g	
Protein 11g	
Vitamin A	0.5%
Vitamin C	0.1%
Calcium	25%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.

