

Yippie: Restaurant Finder

Negril - Silver Spring

965 Thayer Ave, Silver Spring, MD



Menu

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Jerk Chicken Dinner: Jerk chicken made with our signature spices and sauce, on rice & peas and cabbage.

Keto High Protein

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Assumed Ingredients:

- 4-6 chicken quarters
- 12 whole green onions roughly chopped
- 2 Scotch bonnet peppers or habanero peppers seeded and veined
- 5 cloves garlic peeled

- 2-inch piece fresh ginger peeled
- ½ medium Spanish onion
- 1 bunch fresh thyme stems and all (about 12 sprigs)
- 3 tbsp Worcestershire sauce
- 3 tbsp soy sauce
- ¼ cup avocado or canola oil
- ¼ cup light brown sugar
- 2½ tsp ground allspice
- 1 tsp ground cinnamon
- ½ tsp ground cloves
- 1 tsp Kosher salt
- 2 tbsp lime juice
- Zest of 1 lime

Nutrition Facts (Assumed):

Calories	650
Total Fat	25g
- Saturated Fat	10g
Protein	35g
Total Carbohydrates	70g
- Sugars	5g
Sodium	1200mg

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