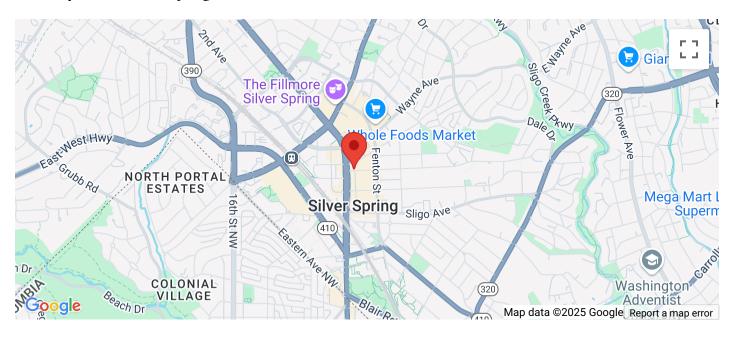
Yippie: Restaurant Finder

Negril - Silver Spring

965 Thayer Ave, Silver Spring, MD



Menu

Search by name, tag, ingredient, or nutrition (e.g., 30g protein)

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

Keto High Protein

Hide Ingredients Hide Nutrition

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

1 of 2 4/4/25, 2:25 AM

0 2	2-inch piece fresh ginger peeled	
0 1	½ medium Spanish onion	
0]	1 bunch fresh thyme stems and all (about 12 sprigs)	
0 3	3 tbsp Worcestershire sauce	
0 3	3 tbsp soy sauce	
0 1	4 cup avocado or canola oil	
0 1	4 cup light brown sugar	
0 2	2½ tsp ground allspice	
0]	1 tsp ground cinnamon	
0 1	½ tsp ground cloves	
0]	l tsp Kosher salt	
0 2	2 tbsp lime juice	
0 7	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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Keto High Protein

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