



Big M's Barbadian Chicken Skewers

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.4 cup blackstrap molasses dark
- 1 tablespoon thyme leaves dried
- 1 inch ginger root fresh peeled
- 4 cloves garlic
- 1 bunch green onions chopped
- 1.5 teaspoons ground allspice
- 4 lime zest juiced
- 1 onion cut into 6 wedges

- 2 habanero peppers seeded
- 0.8 cup rum
- 4 servings salt and pepper to taste
- 4 chicken breasts boneless skinless cut into 1 inch pieces

Equipment

- food processor
- bowl
- sauce pan
- grill
- skewers

Directions

- Place garlic, onion, habanero peppers, green onions, thyme, allspice, and ginger into the bowl of a food processor; blend until smooth. Season to taste with salt and pepper.
- Transfer mixture to a large, non metallic bowl, and stir in rum, molasses, and lime zest and juice.
- Place chicken in bowl, and turn to coat. Cover, and marinate for 24 hours.
- Preheat grill for high heat.
- Remove meat from marinade, and thread onto skewers. Boil marinade in a small saucepan for at least 3 minutes.
- Brush grate with oil, and arrange skewers on hot grate. Slowly cook the chicken until slightly charred and cooked through, brushing with the marinade every time you turn the meat.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:13.25, Inflammation Score:-9, Nutrition Score:25.513478424238%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 379.91kcal (19%), Fat: 3.4g (5.23%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 34.75g (12.64%), Sugar: 27.54g (30.6%), Cholesterol: 72.32mg (24.11%), Sodium: 344.06mg (14.96%), Alcohol: 15.03g (100%), Alcohol %: 5.34% (100%), Protein: 25.74g (51.48%), Vitamin C: 73.67mg (89.3%), Vitamin B6: 1.3mg (65.22%), Vitamin B3: 12.67mg (63.37%), Selenium: 42.73µg (61.04%), Manganese: 0.79mg (39.34%), Vitamin K: 34.76µg (33.1%), Potassium: 1144.75mg (32.71%), Magnesium: 124.48mg (31.12%), Phosphorus: 291.09mg (29.11%), Iron: 4.03mg (22.39%), Vitamin B5: 2.13mg (21.28%), Fiber: 4.14g (16.56%), Copper: 0.32mg (15.91%), Calcium: 138.81mg (13.88%), Vitamin B1: 0.17mg (11.35%), Vitamin B2: 0.17mg (9.77%), Vitamin A: 390.24IU (7.8%), Zinc: 1.1mg (7.31%), Folate: 28.19µg (7.05%), Vitamin E: 0.7mg (4.68%), Vitamin B12: 0.23µg (3.77%)