



Bob Marley's Reggae: Jerk Marinated Chicken Breast Skewers, Chargrilled and Served with Creamy Cucumber Dipping Sauce and Yucca Fries

 Gluten Free

READY IN



615 min.

SERVINGS



4

CALORIES



1203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings tai leaves green
- ☐ 1 pinch cayenne pepper
- ☐ 2 pounds chicken breast
- ☐ 1 ounce cider vinegar
- ☐ 1 tablespoon cooking oil

- ☐ 25 ounces cucumber
- ☐ 0.5 ounce dijon mustard
- ☐ 1 tablespoon cider white
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 0.5 ounce garlic chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper black
- ☐ 7 ounces mayonnaise
- ☐ 1 onion finely chopped
- ☐ 1 pepper hot finely (or 2 Scotch bonnet peppers)
- ☐ 1 teaspoon ground jamaican pimento (allspice)
- ☐ 4 servings pineapple wedges fresh
- ☐ 0.5 ounce salt
- ☐ 1 teaspoon salt
- ☐ 0.5 cup scallion finely chopped
- ☐ 7 ounces cup heavy whipping cream sour
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 2 pounds yucca fresh peeled cut into fries

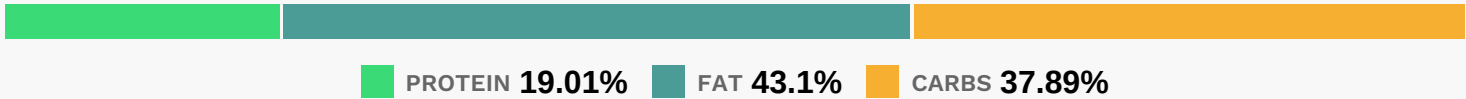
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Special equipment: 12 wooden skewers, soaked in water for 2 hours Fryer
- ☐ For the marinade: mix together onion, scallion, thyme, salt, sugar, allspice, nutmeg, cinnamon, hot pepper, black pepper, soy sauce, oil and vinegar. These ingredients can also be combined in a food processor. Preheat the fryer. Skewer 2 1/2 ounces of chicken onto each skewer.
- ☐ Place the skewers in a shallow baking dish and cover with the marinade. Marinate in the refrigerator overnight.
- ☐ Place the skewers onto a hot grill and grill until done, about 2 to 3 minutes per side.
- ☐ Place the Yucca fries in the fryer and fry the fries until golden brown.
- ☐ Remove and drain on paper towels. Season with salt.
- ☐ Place 3 of the skewers on the left side of the plate.
- ☐ Place green tai leaf on the other end of the plate and top with a wedge of fresh pineapple.
- ☐ Place 6 ounces of cooked yucca fries in the middle of the plate.
- ☐ Place 3 ounces of cucumber sauce in a souffle cup next to the skewers and serve.
- ☐ Peel and seed cucumbers and roughly chop.
- ☐ Add sour cream and mayonnaise.
- ☐ Add rest of ingredients and puree in a blender.

Nutrition Facts



Properties

Glycemic Index:188.75, Glycemic Load:59.74, Inflammation Score:-10, Nutrition Score:47.6321736626%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 1203.17kcal (60.16%), Fat: 57.6g (88.62%), Saturated Fat: 12.69g (79.33%), Carbohydrates: 113.91g (37.97%), Net Carbohydrates: 105.39g (38.32%), Sugar: 20.92g (23.24%), Cholesterol: 195.26mg (65.09%), Sodium: 3383.42mg (147.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.18g (114.35%), Vitamin C: 120.07mg (145.53%), Vitamin B3: 26.99mg (134.97%), Vitamin K: 130.92µg (124.69%), Vitamin B6: 2.3mg (115.17%), Selenium: 79.6µg (113.71%), Manganese: 2.27mg (113.3%), Phosphorus: 678.41mg (67.84%), Potassium: 2044.21mg (58.41%), Vitamin B5: 4.49mg (44.88%), Magnesium: 163.87mg (40.97%), Vitamin B1: 0.53mg (35.28%), Folate: 136.67µg (34.17%), Fiber: 8.52g (34.09%), Vitamin B2: 0.56mg (33.21%), Copper: 0.61mg (30.65%), Vitamin E: 3.56mg (23.71%), Iron: 3.76mg (20.88%), Zinc: 3.05mg (20.36%), Vitamin A: 1006.06IU (20.12%), Calcium: 185.14mg (18.51%), Vitamin B12: 0.62µg (10.29%), Vitamin D: 0.33µg (2.17%)