



Caribbean Chicken



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound skin-on chicken drumsticks
- ☐ 1 pound strips.
- ☐ 1 cup mangos pitted cubed peeled
- ☐ 1 tablespoon ginger grated
- ☐ 1 teaspoon lime zest shredded finely
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons spring onion thinly sliced

- ☐ 1 clove garlic finely chopped
- ☐ 30 ounces black beans undrained canned

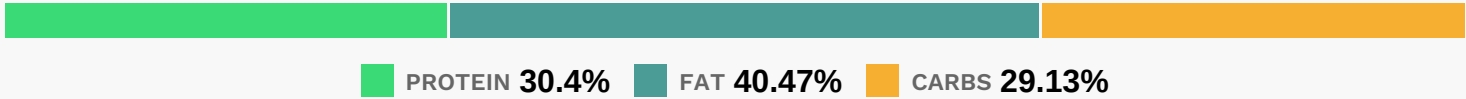
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°.
- ☐ Place chicken pieces, skin sides up, in ungreased rectangular baking dish, 13x9x2 inches.
- ☐ Bake uncovered 40 minutes.
- ☐ Drain excess fat from baking dish.
- ☐ Mix remaining ingredients; spoon over and around chicken pieces. Cover and bake about 30 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:3.03, Inflammation Score:-8, Nutrition Score:28.642608466356%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 592.88kcal (29.64%), Fat: 26.7g (41.07%), Saturated Fat: 7.14g (44.64%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 27.72g (10.08%), Sugar: 5.89g (6.55%), Cholesterol: 181.03mg (60.34%), Sodium: 1274.89mg

(55.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.11g (90.22%), Fiber: 15.5g (62.01%), Selenium: 39.1µg (55.86%), Phosphorus: 544.69mg (54.47%), Vitamin B3: 10.58mg (52.91%), Vitamin B6: 0.82mg (41.21%), Folate: 156.04µg (39.01%), Potassium: 1153.96mg (32.97%), Vitamin B2: 0.55mg (32.5%), Vitamin B1: 0.46mg (30.69%), Iron: 5.42mg (30.13%), Magnesium: 117.46mg (29.37%), Vitamin C: 24.04mg (29.14%), Manganese: 0.58mg (28.8%), Copper: 0.57mg (28.47%), Zinc: 4.1mg (27.3%), Vitamin B5: 2.43mg (24.31%), Vitamin B12: 1.14µg (19.06%), Vitamin A: 612.21IU (12.24%), Vitamin K: 12.29µg (11.7%), Calcium: 100.82mg (10.08%), Vitamin E: 0.79mg (5.29%), Vitamin D: 0.19µg (1.26%)