



 **54%**  
HEALTH SCORE

## Caribbean Chicken

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

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**687 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon poached berries
- 0.3 teaspoon peppercorns whole black
- 1 lb chicken breast boneless
- 6 ounces chicken broth unsalted (preferably )
- 1 tablespoon cornstarch
- 3 tablespoons rum dark
- 2 tablespoons coconut flakes dried toasted
- 2 tablespoons ginger fresh minced peeled

- 2 garlic clove minced
- 2 tablespoons spring onion
- 0.3 teaspoon chipotle chili powder
- 1 juice of lime
- 1.5 tablespoons cooking oil
- 1 cup onion
- 6 ounces orange juice fresh
- 1 orange zest
- 2 pasilla peppers minced seeded
- 1 medium bell pepper red
- 1 medium sweet potatoes and into

## Equipment

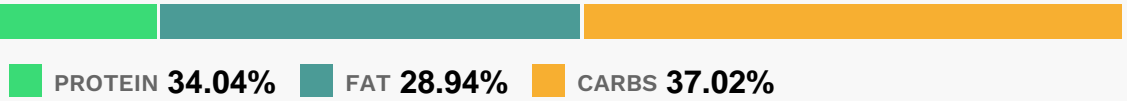
- frying pan

## Directions

- Heat skillet over medium heat. Toast peppercorns & allspice berries until aromatic, about 3 minutes.
- Remove and smash or grind. Coat pan with oil.
- Add chicken and brown chicken on all sides, 2-3 minutes adding pepper and allspice. Set aside & cover. Over medium-high heat, add onion, garlic, ginger root, habanero peppers, sweet potato and red pepper. Saut until browned, about 4 minutes.
- Pour in broth, bring to a boil over high heat.
- Add orange zest/peel and dark rum.
- Add (optional) habanero powder for additional "heat." Reduce burner to medium and cover to cook veggies until tender, about 10 minutes, stirring half way through. Meanwhile, make a slurry with cornstarch and orange juice. Uncover, stir and squeeze in lime juice.
- Add chicken. Slowly add orange juice slurry and cook until sauce is thick, adding chicken broth to thin it out if needed. Cook another 5 minutes to finish chicken and incorporate flavors.

Garnish with coconut and scallions. This recipe can be made using leftover chicken, ground pepper & allspice, jarred garlic & ginger for a quicker meal, although flavor won't be as distinctive. Another quick meal/pantry option is to substitute 1/2 cup of orange/apricot marmalade in place of the orange juice & cornstarch slurry, lime juice and orange peel. The final flavor will be sweeter and more pungent. For extra zing at the table, Trinidad mustard sauce or a sweet-chili habanero sauce are nice condiments to use.

## Nutrition Facts



### Properties

Glycemic Index:151.5, Glycemic Load:19.08, Inflammation Score:-10, Nutrition Score:44.62695651469%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 11.51mg, Hesperetin: 11.51mg, Hesperetin: 11.51mg, Hesperetin: 11.51mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 6.02mg, Luteolin: 6.02mg, Luteolin: 6.02mg, Luteolin: 6.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 20.03mg, Quercetin: 20.03mg, Quercetin: 20.03mg, Quercetin: 20.03mg

### Nutrients (% of daily need)

Calories: 687.37kcal (34.37%), Fat: 20.63g (31.73%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 49.02g (17.83%), Sugar: 21.96g (24.4%), Cholesterol: 146.85mg (48.95%), Sodium: 660.28mg (28.71%), Alcohol: 7.51g (100%), Alcohol %: 1.12% (100%), Protein: 54.58g (109.17%), Vitamin A: 18746.2IU (374.92%), Vitamin C: 240.88mg (291.98%), Vitamin B3: 26.31mg (131.55%), Vitamin B6: 2.6mg (129.77%), Selenium: 75.84µg (108.34%), Phosphorus: 635.67mg (63.57%), Potassium: 1984.1mg (56.69%), Manganese: 0.99mg (49.44%), Vitamin B5: 4.84mg (48.45%), Fiber: 10.34g (41.37%), Magnesium: 137.91mg (34.48%), Vitamin K: 35.95µg (34.24%), Vitamin B1: 0.49mg (32.81%), Vitamin B2: 0.5mg (29.68%), Vitamin E: 4.25mg (28.36%), Folate: 110.14µg (27.54%), Copper: 0.5mg (24.89%), Iron: 3.12mg (17.34%), Zinc: 2.43mg (16.23%), Calcium: 119.78mg (11.98%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 0.23µg (1.51%)