



Caribbean Jerk Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 teaspoons walkerswood jamaican jerk seasoning
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.3 cup juice of lime fresh (from 3 limes)
- ☐ 4 servings salt
- ☐ 3 spring onion finely chopped
- ☐ 24 oz chicken breast boneless skinless
- ☐ 10 oz coleslaw mix shredded (any variety)

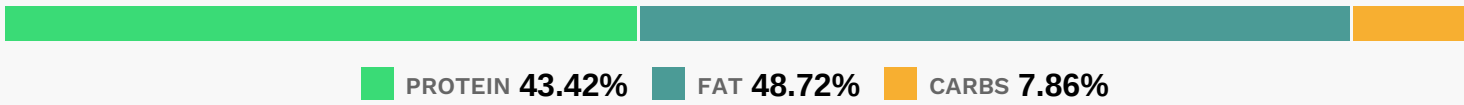
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle salt and 1 tsp. jerk seasoning all over chicken; set aside. Warm 2 Tbsp. oil in a large nonstick skillet over medium-high heat. Cook chicken until browned on both sides and cooked through, 5 minutes per side.
- ☐ In a large bowl, toss together remaining 1 tsp. jerk seasoning, jalapeo, scallions, lime juice, 2 Tbsp. canola oil and slaw mix. Season mixture lightly with salt.
- ☐ Place vegetable mixture on a large platter and top with cooked chicken breasts.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:25.599565397138%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 345.89kcal (17.29%), Fat: 18.66g (28.71%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.95g (3.28%), Cholesterol: 108.86mg (36.29%), Sodium: 422.11mg (18.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.41g (74.83%), Vitamin B3: 18.14mg (90.68%), Vitamin K: 84.61µg (80.58%), Selenium: 54.93µg (78.47%), Vitamin B6: 1.41mg (70.44%), Vitamin C: 38.37mg (46.51%), Phosphorus: 384.99mg (38.5%), Vitamin B5: 2.62mg (26.19%), Potassium: 820.6mg (23.45%), Vitamin E: 3.47mg (23.13%), Magnesium: 57.76mg (14.44%), Vitamin B2: 0.22mg (12.93%), Folate: 45.78µg (11.44%), Vitamin A: 552.01IU (11.04%), Vitamin B1: 0.16mg (10.98%), Fiber: 2.51g (10.05%), Manganese: 0.18mg (8.85%), Zinc: 1.21mg

(8.06%), Iron: 1.29mg (7.18%), Vitamin B12: 0.34µg (5.67%), Calcium: 49.29mg (4.93%), Copper: 0.08mg (4.14%),
Vitamin D: 0.17µg (1.13%)