



## Caribbean Jerk Chicken Skewers

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



65 min.

SERVINGS



5

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp brown sugar
- 1 tsp ground cinnamon
- 0.5 tsp ground pepper red (cayenne)
- 1 tsp ground thyme
- 2 Tbsp oil
- 1 pineapple fresh cut into 1-1/2-inch chunks
- 0.7 oz env. seasons dressing mix italian good
- 3 bell peppers red cut into 1-1/2 inch pieces

- 1.5 lb chicken breasts boneless skinless cut into 1-1/2 inch pieces
- 2 Tbsp soya sauce

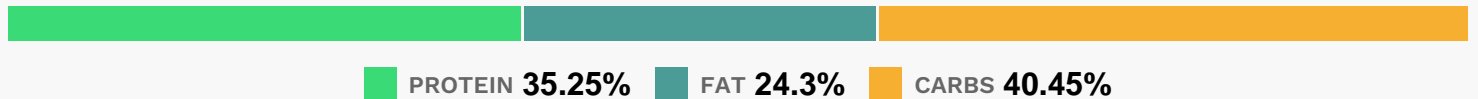
## Equipment

- bowl
- grill
- skewers

## Directions

- Mix first 7 ingredients until well blended; pour over chicken in large bowl. Stir to evenly coat chicken. Refrigerate 30 min. to marinate.
- Heat grill to medium-high heat.
- Remove chicken from marinade; discard marinade. Thread chicken onto 12 skewers alternately with bell peppers and pineapple.
- Grill 15 min. or until chicken is done, turning frequently.

## Nutrition Facts



## Properties

Glycemic Index:28.53, Glycemic Load:13.4, Inflammation Score:-10, Nutrition Score:30.748695733755%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 349.92kcal (17.5%), Fat: 9.62g (14.8%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 31.51g (11.46%), Sugar: 25.64g (28.49%), Cholesterol: 87.09mg (29.03%), Sodium: 863.98mg (37.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.81%), Vitamin C: 179.84mg (217.99%), Manganese: 1.93mg (96.69%), Vitamin B3: 16.12mg (80.62%), Vitamin B6: 1.45mg (72.64%), Selenium: 43.96µg (62.8%), Vitamin A: 2468.41IU (49.37%), Phosphorus: 329.78mg (32.98%), Vitamin B5: 2.59mg (25.86%), Potassium: 881.23mg (25.18%), Vitamin B1: 0.28mg (18.33%), Folate: 73.2µg (18.3%), Fiber: 4.52g (18.08%),

Magnesium: 70.18mg (17.55%), Vitamin E: 2.49mg (16.6%), Vitamin B2: 0.27mg (15.8%), Vitamin K: 14.14µg (13.46%),  
Copper: 0.26mg (13.24%), Iron: 1.94mg (10.8%), Zinc: 1.25mg (8.32%), Calcium: 51.52mg (5.15%), Vitamin B12: 0.27µg  
(4.54%)