



Chicken with Jerk Sauce and Cool Pineapple Salsa

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 0.5 habanero chile pepper finely minced seeded wear gloves when handling
- ☐ 0.3 cup cucumber diced english seeded finely
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1.5 teaspoons thyme or dried fresh
- ☐ 1 clove garlic minced

- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 4 teaspoons olive oil divided
- ☐ 1 cup pineapple diced finely
- ☐ 1 cup scallions chopped 6 scallions
- ☐ 4 chicken breast halves boneless skinless

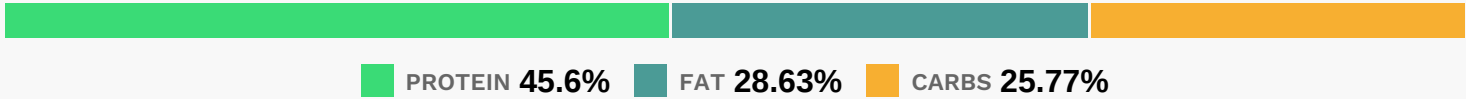
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ In a small bowl whisk together the honey and the lime juice.
- ☐ Combine the pineapple, cucumber and mint in a medium bowl, pour the dressing over and toss to combine. Set aside.
- ☐ Heat 2 teaspoons of olive oil in a large skillet over a medium-high heat.
- ☐ Add the chicken breasts and cook for about 4 minutes on each side, or until browned and cooked through.
- ☐ Transfer the chicken to a plate and cover with foil to keep warm.
- ☐ Add the remaining 2 teaspoons of oil to the pan. Stir in the scallions, pepper, garlic, ginger, allspice, and thyme. Cook for 30 seconds over a medium heat.
- ☐ Add the chicken broth and soy sauce and cook until liquid is reduced by half, about 3 minutes. Stir in the lime juice.
- ☐ Put the chicken back in the pan and coat well with the sauce.
- ☐ Serve with the pineapple salsa.

Nutrition Facts



Properties

Glycemic Index:61.98, Glycemic Load:5.63, Inflammation Score:-7, Nutrition Score:19.645217356475%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 227.4kcal (11.37%), Fat: 7.34g (11.29%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.09g (4.76%), Sugar: 9.46g (10.51%), Cholesterol: 72.32mg (24.11%), Sodium: 434.31mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.59%), Vitamin B3: 12.73mg (63.64%), Vitamin K: 62.78µg (59.79%), Selenium: 36.62µg (52.31%), Vitamin B6: 0.95mg (47.69%), Vitamin C: 32.25mg (39.1%), Manganese: 0.56mg (28.06%), Phosphorus: 279.93mg (27.99%), Potassium: 638.76mg (18.25%), Vitamin B5: 1.79mg (17.95%), Magnesium: 50.47mg (12.62%), Vitamin B2: 0.19mg (11.06%), Iron: 1.75mg (9.71%), Folate: 36.3µg (9.07%), Vitamin B1: 0.13mg (8.87%), Vitamin A: 403.82IU (8.08%), Fiber: 1.77g (7.09%), Copper: 0.14mg (6.96%), Vitamin E: 1.04mg (6.9%), Zinc: 0.99mg (6.59%), Calcium: 50.95mg (5.1%), Vitamin B12: 0.26µg (4.26%)