

techniques of

Cook the Book: Jerk Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 grams allspice toasted
- 1 cinnamon sticks
- 15 mL rum dark
- 5 mL pepper black
- 10 mL kosher salt
- 3.8 mL nutmeg grated
- 85 grams onion minced
- 4 spring onion minced

- 1 scotch bonnet peppers minced
- 1 kilogram chicken breast boneless skinless

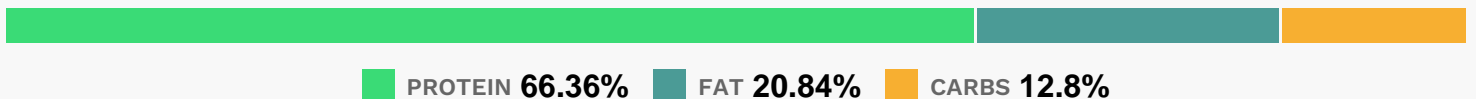
Equipment

- food processor
- oven
- roasting pan
- grill

Directions

- Make the jerk seasoning: Grind the toasted allspice berries, cinnamon, and nutmeg to a powder in a spice mill.
- Transfer the powder to a food processor and add the scallions, onion, chile, salt, pepper, and rum. Process to form a thick paste.
- Rub the jerk seasoning over the chicken; grill* for 3 minutes on each side. Continue cooking the breasts on a rack in a roasting pan in a 375°F (190°C) oven until they reach internal temperature of 165°F (74°C), about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:24.1, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:11.668695680473%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 134.83kcal (6.74%), Fat: 3.03g (4.66%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 2.86g (1.04%), Sugar: 0.64g (0.71%), Cholesterol: 64mg (21.33%), Sodium: 598.07mg (26%), Alcohol: 0.51g (100%), Alcohol %: 0.53% (100%), Protein: 21.7g (43.4%), Vitamin B3: 10.58mg (52.89%), Selenium: 32.2µg (46%), Vitamin B6: 0.78mg (38.81%), Phosphorus: 219.93mg (21.99%), Vitamin B5: 1.45mg (14.49%),

Manganese: 0.26mg (13.05%), Potassium: 439.79mg (12.57%), Vitamin K: 11.24µg (10.7%), Magnesium: 33.85mg (8.46%), Vitamin C: 5.37mg (6.51%), Vitamin B2: 0.11mg (6.48%), Fiber: 1.32g (5.29%), Vitamin B1: 0.08mg (5.09%), Zinc: 0.67mg (4.46%), Iron: 0.77mg (4.3%), Calcium: 37.09mg (3.71%), Vitamin B12: 0.2µg (3.33%), Copper: 0.06mg (3.23%), Folate: 10.39µg (2.6%), Vitamin A: 107.9IU (2.16%), Vitamin E: 0.24mg (1.59%)