

Faux Jerk Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup green onions with tops minced
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.3 teaspoon ground pepper
- ☐ 1.5 tablespoons juice of lime
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1 scotch bonnet chile pepper minced
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 tablespoons distilled vinegar white
- ☐ 1 tablespoon sugar white

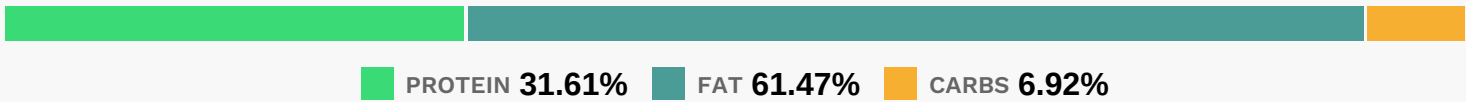
Equipment

- ☐ grill

Directions

- ☐ In a large dish, mix the olive oil, vinegar, lime juice, sugar, thyme, allspice, cinnamon, salt, and cayenne pepper. Stir in the scotch bonnet pepper, green onions, and garlic. Pierce chicken on all sides with a fork, and place in the dish. Cover, and marinate up to 24 hours in the refrigerator, turning occasionally.
- ☐ Preheat the grill for high heat.
- ☐ Lightly oil grill grate. Discard marinade, and grill chicken 8 minutes on each side, or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:81.02, Glycemic Load:2.48, Inflammation Score:-6, Nutrition Score:13.962608700213%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 310.93kcal (15.55%), Fat: 21.04g (32.37%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.41g (3.79%), Cholesterol: 72.32mg (24.11%), Sodium: 424.4mg (18.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.7%), Vitamin B3: 11.91mg (59.53%), Selenium: 36.54µg (52.2%), Vitamin B6: 0.89mg (44.53%), Phosphorus: 245.85mg (24.59%), Vitamin K: 24.62µg (23.45%), Vitamin E: 2.93mg (19.52%), Vitamin B5: 1.64mg (16.39%), Potassium: 467.93mg (13.37%), Vitamin C: 9.36mg (11.35%), Magnesium: 33.87mg (8.47%), Vitamin B2: 0.13mg (7.5%), Manganese: 0.13mg (6.59%), Vitamin B1: 0.08mg (5.55%), Zinc: 0.73mg (4.88%), Iron: 0.82mg (4.57%), Vitamin A: 218.83IU (4.38%), Vitamin B12: 0.23µg (3.77%), Copper: 0.05mg (2.62%), Folate: 10.25µg (2.56%), Fiber: 0.58g (2.33%), Calcium: 22.37mg (2.24%)