



Grilled Caribbean Chicken

 Gluten Free  Dairy Free  Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons walkerswood jamaican jerk seasoning
- 2 teaspoons juice of lime
- 16 ounce skinned
- 1 teaspoon vegetable oil

Equipment

- plastic wrap
- grill
- rolling pin

meat tenderizer

Directions

- Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- Combine lime juice and oil; brush over both sides of chicken. Rub both sides of chicken with jerk seasoning.
- Coat grill rack with cooking spray; place rack on grill over medium-hot coals (350 to 400).
- Place chicken on rack; grill, covered, 5 to 6 minutes on each side or until done.

Nutrition Facts

PROTEIN 70.42% **FAT 27.52%** **CARBS 2.06%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.54608704992%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 142.66kcal (7.13%), Fat: 4.21g (6.47%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.11g (0.13%), Cholesterol: 72.57mg (24.19%), Sodium: 147.99mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin B3: 11.95mg (59.73%), Selenium: 36.49µg (52.13%), Vitamin B6: 0.87mg (43.56%), Phosphorus: 241.49mg (24.15%), Vitamin B5: 1.63mg (16.28%), Potassium: 442mg (12.63%), Magnesium: 31.17mg (7.79%), Vitamin B2: 0.12mg (7.25%), Vitamin A: 331.77IU (6.64%), Vitamin B1: 0.08mg (5.05%), Zinc: 0.7mg (4.68%), Vitamin E: 0.69mg (4.63%), Vitamin B12: 0.23µg (3.78%), Iron: 0.6mg (3.31%), Vitamin K: 3.37µg (3.21%), Vitamin C: 2.12mg (2.57%), Copper: 0.04mg (2.06%), Manganese: 0.03mg (1.72%), Fiber: 0.36g (1.43%), Folate: 5.07µg (1.27%)