



Grilled Jerk Chicken



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 1 tablespoon brown sugar packed
- ☐ 4 chicken breast halves with skin and bones (3 pounds), halved crosswise
- ☐ 2.5 pounds chicken pieces
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 4 large garlic clove chopped
- ☐ 2 teaspoons ground allspice

- ☐ 4 scotch bonnet peppers fresh stemmed seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.8 teaspoon nutmeg freshly grated
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 1.5 tablespoons salt
- ☐ 3 spring onion chopped
- ☐ 2 tablespoons soya sauce

Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ ziploc bags

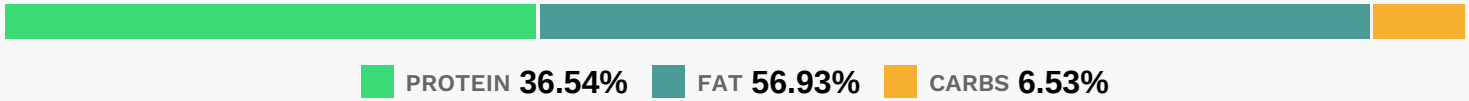
Directions

- ☐ Blend all marinade ingredients in a blender until smooth.
- ☐ Divide chicken pieces and marinade between 2 sealable plastic bags. Seal bags, pressing out excess air, then turn bags over several times to distribute marinade. Put bags of chicken in a shallow pan and marinate, chilled, turning once or twice, 1 day.
- ☐ Let chicken stand at room temperature 1 hour before cooking.
- ☐ Open vents on bottom of grill and on lid. Light a large chimney of charcoal briquettes (about 10
- ☐ and pour them evenly over 1 side of bottom rack (you will have a double or triple layer of charcoal).
- ☐ When charcoal turns grayish white and you can hold your hand 5 inches above rack for 3 to 4 seconds, sear chicken in batches on lightly oiled rack over coals until well browned on all sides, about 3 minutes per batch. Move chicken as seared to side of grill with no coals

underneath, then cook, covered with lid, until cooked through, 25 to 30 minutes more.

- ☐
- Preheat burners on high, then adjust heat to moderate. Cook chicken until well browned on all sides, 15 to 20 minutes. Adjust heat to low and cook chicken, covered with lid, until cooked through, about 25 minutes more.
- ☐
- Serve chicken with salsa.
- ☐
- If you can't grill, you can roast chicken in 2 large shallow (1-inch-deep) baking pans in upper and lower thirds of a 400°F oven, switching position of pans halfway through roasting, 40 to 45 minutes total.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:15.038695703382%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 342.27kcal (17.11%), Fat: 21.43g (32.97%), Saturated Fat: 5.28g (33.01%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.63g (1.68%), Sugar: 2.47g (2.75%), Cholesterol: 108.45mg (36.15%), Sodium: 1695.52mg (73.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.89%), Vitamin B3: 12.79mg (63.93%), Selenium: 32.38µg (46.25%), Vitamin B6: 0.84mg (41.81%), Phosphorus: 278.72mg (27.87%), Vitamin C: 15.24mg (18.48%), Vitamin B5: 1.75mg (17.55%), Vitamin K: 15.7µg (14.95%), Potassium: 477.63mg (13.65%), Vitamin B2: 0.2mg (11.62%), Zinc: 1.72mg (11.44%), Manganese: 0.23mg (11.43%), Magnesium: 43.19mg (10.8%), Iron: 1.66mg (9.2%), Vitamin E: 1.24mg (8.26%), Vitamin B1: 0.11mg (7.59%), Vitamin B12: 0.41µg (6.86%), Vitamin A: 296.02IU (5.92%), Copper: 0.11mg (5.3%), Folate: 16.17µg (4.04%), Calcium: 36.82mg (3.68%), Fiber: 0.9g (3.6%), Vitamin D: 0.25µg (1.66%)