



Grilled Jerk Chicken with Scotch Bonnet Sauce and Mango Chutney

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 skin-on chicken breasts boneless bone-in (buy breasts and cut meat from bone)
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.1 teaspoon curry powder
- ☐ 0.3 cup thyme dried
- ☐ 1 tablespoon ground mustard dry

- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground coriander
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh (from 1 lime)
- ☐ 1 large mangos firm pitted ripe peeled cut into 1/2-inch dice (1 cup)
- ☐ 0.3 cup mustard yellow such as french's
- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup orange juice freshly squeezed (from 1 orange)
- ☐ 1 small onion red thinly sliced
- ☐ 3 tablespoons spring onion white green chopped
- ☐ 7 scotch bonnet peppers diced with seeds, finely (wear gloves when handling chiles)
- ☐ 2 tablespoons vegetable oil

Equipment

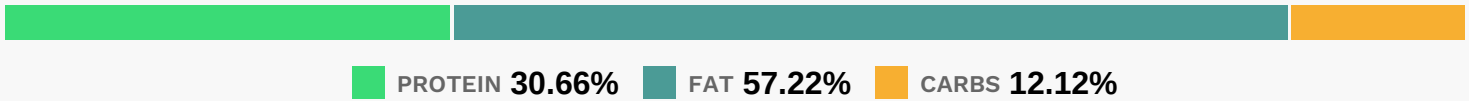
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ In blender or food processor, purée oil, chiles, scallions, thyme, dry mustard, salt, and pepper until smooth. Arrange chicken in large glass baking dish and coat on all sides with paste. Cover and refrigerate at least 1 hour and up to 4 hours.
- ☐ In medium sauté pan over moderate heat, heat oil until hot but not smoking.
- ☐ Add onion and sauté, stirring occasionally, until translucent, 7 to 9 minutes.

- ☐ Add mango and vinegar and cook, stirring frequently, until mango is tender, about 3 minutes. Stir in brown sugar and allspice and simmer gently until sugar is melted and mixture is slightly thickened and syrupy, about 3 to 5 minutes. Stir in salt and pepper.
- ☐ Transfer chutney to serving dish and cool to room temperature, stirring occasionally.
- ☐ In medium bowl, stir together all ingredients; stand back to let irritating fumes dissipate, then set aside.
- ☐ Cook chicken
- ☐ Prepare grill for cooking: If using charcoal grill, open vents on bottom, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 4 to 5 seconds. If using gas grill, preheat burners on high with hood closed 10 minutes, then turn down to moderately high.
- ☐ Arrange chicken breasts on grill, skin sides down. Grill, turning once, until cooked through, about 7 to 9 minutes per side.
- ☐ Transfer breasts to platter and top each with spoonful of mango chutney.
- ☐ Serve, passing additional chutney and hot sauce on side.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:36.387391276982%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 647.96kcal (32.4%), Fat: 41.33g (63.58%), Saturated Fat: 9.02g (56.35%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 14.07g (5.12%), Sugar: 9.9g (11%), Cholesterol: 144.64mg (48.21%), Sodium: 498.76mg (21.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.83g (99.65%), Vitamin K: 195.77µg (186.45%), Vitamin B3: 23.5mg (117.48%), Iron: 14.68mg (81.53%), Vitamin B6: 1.4mg (69.98%), Selenium: 45.57µg (65.1%), Vitamin C: 44.73mg (54.22%), Manganese: 1.06mg (52.75%), Phosphorus: 459.48mg (45.95%), Vitamin E: 4.28mg (28.55%), Magnesium: 101.54mg (25.39%), Calcium: 242.22mg (24.22%), Potassium: 792.73mg (22.65%), Fiber: 5.64g (22.54%), Vitamin A: 1119.13IU (22.38%), Vitamin B5: 2.02mg (20.22%), Zinc: 2.71mg (18.06%), Vitamin B1: 0.27mg (18.06%), Folate: 66.6µg (16.65%), Vitamin B2: 0.28mg (16.45%), Copper: 0.27mg (13.37%), Vitamin B12: 0.77µg (12.81%), Vitamin D: 0.9µg (6.03%)