



Hickory-Grilled Jerk Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups rice long-grain cooked (without salt or fat)
- ☐ 2 tablespoons gingerroot grated peeled
- ☐ 6 servings wet jerk rub divided
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 6 servings hickory chips
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce skinned

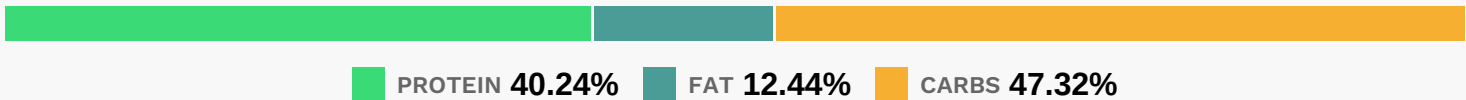
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Soak hickory chips in water at least 30 minutes; drain. Prepare Wet Jerk Rub.
- ☐ Measure 1/2 cup Wet Jerk Rub, and set aside. Coat chicken with remaining 1 cup Wet Jerk Rub.
- ☐ Place chicken in a large, heavy-duty, zip-top plastic bag; seal bag, and marinate in refrigerator 8 hours.
- ☐ Preheat gas grill to medium-hot (350 to 40
- ☐ using both burners. After preheating, turn left burner off.
- ☐ Place hickory chips in a disposable aluminum foil pan or an aluminum foil packet poked with holes on grill over right burner. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken on rack over left burner. Grill, uncovered, 30 minutes or until done, turning frequently.
- ☐ Transfer chicken to a platter, and keep warm.
- ☐ Combine rice and remaining ingredients; toss gently. Spoon rice evenly onto each individual serving plate. Top rice with chicken.
- ☐ Serve immediately.
- ☐ Serve with reserved Wet Jerk Rub.

Nutrition Facts



Properties

Glycemic Index:43.06, Glycemic Load:32.14, Inflammation Score:-6, Nutrition Score:15.576086821763%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 279.06kcal (13.95%), Fat: 3.75g (5.77%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 30.82g (11.21%), Sugar: 0.41g (0.46%), Cholesterol: 72.57mg (24.19%), Sodium: 267.67mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.58%), Selenium: 44.63µg (63.75%), Vitamin B3: 12.53mg (62.67%), Vitamin B6: 1mg (49.89%), Phosphorus: 292.4mg (29.24%), Manganese: 0.56mg (28.11%), Vitamin B5: 2.06mg (20.64%), Potassium: 518.8mg (14.82%), Vitamin A: 630.94IU (12.62%), Magnesium: 47.19mg (11.8%), Vitamin B2: 0.15mg (8.72%), Zinc: 1.28mg (8.54%), Vitamin E: 1.04mg (6.95%), Vitamin B1: 0.1mg (6.83%), Copper: 0.13mg (6.64%), Iron: 1.02mg (5.64%), Fiber: 1.27g (5.09%), Vitamin C: 3.81mg (4.62%), Vitamin B12: 0.23µg (3.78%), Calcium: 24.68mg (2.47%), Folate: 9.61µg (2.4%), Vitamin K: 2.39µg (2.27%)