



Island Jerk Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 green onions thinly sliced
- 0.5 tsp ground allspice
- 0.5 tsp ground cinnamon
- 0.5 tsp ground cloves
- 0.3 tsp ground pepper red (cayenne)
- 0.5 cup peppercorn ranch dressing kraft
- 2 lb chicken breasts boneless skinless

Equipment

broiler

Directions

Combine all ingredients except chicken; pour over chicken in shallow dish. Turn to evenly coat both sides of each breast. Refrigerate 30 min. to marinate.

Heat broiler.

Remove chicken from marinade; discard marinade. Broil chicken, 4 inches from heat, 5 to 6 min. on each side or until done (165F).

Nutrition Facts

PROTEIN 51.25% **FAT 45.72%** **CARBS 3.03%**

Properties

Glycemic Index:10.5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:12.704347968102%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 195.99kcal (9.8%), Fat: 9.66g (14.86%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.79g (0.87%), Cholesterol: 76.47mg (25.49%), Sodium: 267.66mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.71%), Vitamin B3: 11.86mg (59.32%), Selenium: 36.85µg (52.65%), Vitamin B6: 0.86mg (42.9%), Phosphorus: 267.69mg (26.77%), Vitamin K: 26.82µg (25.54%), Vitamin B5: 1.74mg (17.39%), Potassium: 441.86mg (12.62%), Magnesium: 31.52mg (7.88%), Vitamin B2: 0.13mg (7.64%), Manganese: 0.14mg (7%), Vitamin B1: 0.08mg (5.13%), Zinc: 0.7mg (4.69%), Vitamin B12: 0.25µg (4.2%), Vitamin E: 0.6mg (3.98%), Iron: 0.55mg (3.06%), Vitamin C: 2.02mg (2.45%), Vitamin A: 94.37IU (1.89%), Copper: 0.04mg (1.89%), Folate: 7.2µg (1.8%), Calcium: 15.36mg (1.54%)