



Jamaican Jerk Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 habanero chile peppers seeded chopped
- ☐ 2 garlic cloves pressed
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon orange juice

- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon teaspoons thyme dried fresh chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 4 pound meat from a rotisserie chicken whole

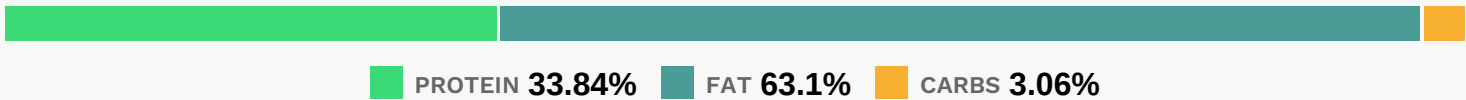
Equipment

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

Directions

- ☐ Combine first 13 ingredients in a shallow dish or heavy-duty zip-top plastic bag; add chicken. Cover or seal, and chill 24 hours.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Prepare fire by piling charcoal or lava rocks on 1 side of grill, leaving the other side empty.
- ☐ Place rack on grill. Arrange chicken over empty side, and grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ minutes.
- ☐ Place chicken in a 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 30 minutes or until done.
- ☐ *1 tablespoon habanero hot sauce may be substituted for habanero chile peppers.
- ☐ **4 pounds chicken pieces may be substituted for whole chicken.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:18.379999824192%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 495.59kcal (24.78%), Fat: 34.07g (52.42%), Saturated Fat: 9.61g (60.07%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.09g (1.22%), Cholesterol: 163.29mg (54.43%), Sodium: 737.89mg (32.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.11g (82.22%), Vitamin B3: 15.01mg (75.07%), Selenium: 31.69µg (45.28%), Vitamin B6: 0.83mg (41.26%), Phosphorus: 334.34mg (33.43%), Vitamin K: 32.23µg (30.69%), Vitamin C: 20.78mg (25.18%), Vitamin B5: 2.04mg (20.36%), Zinc: 2.98mg (19.89%), Vitamin B2: 0.29mg (16.96%), Iron: 2.63mg (14.63%), Potassium: 504.5mg (14.41%), Magnesium: 52.59mg (13.15%), Vitamin A: 574.42IU (11.49%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.15mg (10.09%), Manganese: 0.18mg (8.98%), Copper: 0.15mg (7.25%), Folate: 25.24µg (6.31%), Vitamin E: 0.87mg (5.81%), Calcium: 48.87mg (4.89%), Fiber: 0.87g (3.46%), Vitamin D: 0.44µg (2.9%)