



Jamaican Jerk Chicken

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



1

CALORIES



1079 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon curry powder
- 2 garlic clove finely chopped
- 0.5 cup spring onion sliced
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 0.1 teaspoon ground pepper red (cayenne)
- 0.3 teaspoon paprika

- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt
- 1.5 pounds chicken breast halves boneless skinless
- 1 teaspoon thyme leaves dried
- 2 tablespoons vegetable oil

Equipment

- frying pan
- grill

Directions

- Heat oil in 8-inch skillet over medium heat until hot. Cook remaining ingredients except chicken in oil about 2 minutes, stirring frequently, until bell pepper is crisp-tender; cool.
- Place chicken and bell pepper mixture in shallow glass dish; turn chicken to coat with pepper mixture. Cover and refrigerate at least 30 minutes but no longer than 3 hours, turning chicken occasionally.
- Heat coals or gas grill for direct heat.
- Remove chicken from marinade; discard marinade. Cover and grill chicken 4 to 6 inches from medium heat 15 to 20 minutes, turning occasionally, until juice is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:228, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:53.710869789124%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 1079.48kcal (53.97%), Fat: 45.87g (70.57%), Saturated Fat: 8.19g (51.2%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 9.14g (3.32%), Sugar: 4.55g (5.05%), Cholesterol: 435.45mg (145.15%), Sodium: 1967.68mg (85.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 147.27g (294.53%), Vitamin B3: 72.32mg (361.62%), Selenium: 219.98µg (314.26%), Vitamin B6: 5.48mg (273.83%), Vitamin K: 162.11µg (154.39%), Phosphorus: 1494.73mg (149.47%), Vitamin C: 118.51mg (143.64%), Vitamin B5: 10.04mg (100.37%), Potassium: 2934.13mg (83.83%), Vitamin A: 3516.52IU (70.33%), Magnesium: 213.58mg (53.39%), Vitamin B2: 0.82mg (48.22%), Manganese: 0.93mg (46.6%), Vitamin E: 5.67mg (37.82%), Vitamin B1: 0.53mg (35.4%), Iron: 5.67mg (31.51%), Zinc: 4.64mg (30.9%), Folate: 98.47µg (24.62%), Vitamin B12: 1.36µg (22.68%), Fiber: 4.55g (18.2%), Copper: 0.31mg (15.44%), Calcium: 118.65mg (11.87%), Vitamin D: 0.68µg (4.54%)