



 **65%**  
HEALTH SCORE

## Jamaican Jerk Chicken

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

READY IN



**65 min.**

SERVINGS



**2**

CALORIES



**540 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons vegetable oil
- 0.5 cup spring onion sliced
- 0.5 cup bell pepper red chopped
- 2 garlic clove finely chopped
- 1 teaspoon thyme leaves dried
- 1 teaspoon curry powder
- 0.5 teaspoon salt
- 0.5 teaspoon ground cumin

- 0.5 teaspoon ground ginger
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon paprika
- 0.1 teaspoon ground pepper red (cayenne)
- 1.5 pounds chicken breast halves boneless skinless

## 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:114, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:36.592608306719%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 539.74kcal (26.99%), Fat: 22.93g (35.28%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 4.57g (1.66%), Sugar: 2.27g (2.53%), Cholesterol: 217.72mg (72.57%), Sodium: 983.84mg (42.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.63g (147.27%), Vitamin B3: 36.16mg (180.81%), Selenium: 109.99µg (157.13%), Vitamin B6: 2.74mg (136.92%), Vitamin K: 81.06µg (77.2%), Phosphorus: 747.36mg (74.74%), Vitamin C: 59.25mg (71.82%), Vitamin B5: 5.02mg (50.19%), Potassium: 1467.07mg (41.92%), Vitamin A: 1758.26IU (35.17%), Magnesium: 106.79mg (26.7%), Vitamin B2: 0.41mg (24.11%), Manganese: 0.47mg (23.3%), Vitamin E: 2.84mg (18.91%), Vitamin B1: 0.27mg (17.7%), Iron: 2.84mg (15.75%), Zinc: 2.32mg (15.45%), Folate: 49.24µg (12.31%), Vitamin B12: 0.68µg (11.34%), Fiber: 2.27g (9.1%), Copper: 0.15mg (7.72%), Calcium: 59.33mg (5.93%), Vitamin D: 0.34µg (2.27%)