



Jamaican Jerk Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pound chickens dry rinsed halved lengthwise
- ☐ 2 habanero chiles with seeds, chopped
- ☐ 2 teaspoons brown sugar dark
- ☐ 3 tablespoons rum dark
- ☐ 2 tablespoons thyme leaves dried
- ☐ 4 garlic cloves peeled chopped
- ☐ 10 green onions chopped
- ☐ 4 teaspoons ground allspice

- ☐ 4 teaspoons ground cinnamon
- ☐ 4 teaspoons ground ginger
- ☐ 2 teaspoons ground nutmeg
- ☐ 2 teaspoons ground pepper black
- ☐ 1 cup catsup
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup malt vinegar
- ☐ 2 teaspoons salt
- ☐ 3 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water

Equipment

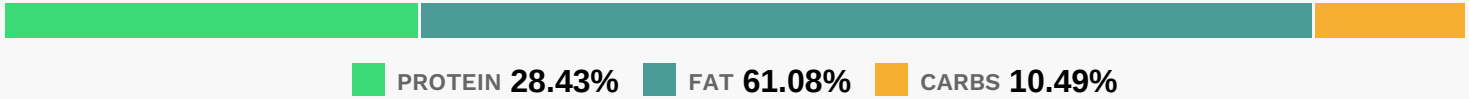
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Boil rum and 2 tablespoons water in small saucepan for 3 minutes.
- ☐ Transfer rum mixture to blender; add vinegar and next 12 ingredients and blend until almost smooth.
- ☐ Transfer 2 tablespoons jerk seasoning to small bowl; mix in ketchup and soy sauce to make sauce. (Jerk seasoning and sauce can be made 1 day ahead; cover separately and refrigerate.)
- ☐ Arrange chicken in large roasting pan or baking dish.

- ☐ Pour lime juice over; turn to coat. Spoon jerk seasoning over chicken and rub in. Cover and refrigerate at least 4 hours, turning occasionally. (Can be prepared 1 day ahead. Keep refrigerated.)
- ☐ Preheat oven to 350°F or prepare barbecue (medium heat).
- ☐ Remove chicken from jerk seasoning marinade; sprinkle with salt and pepper. If roasting chicken in oven, arrange chicken, skin side up, on rimmed baking sheet. Roast until chicken is cooked through and juices run clear when thickest part of thigh is pierced with fork, about 50 minutes. If grilling chicken, place chicken, skin side down, on grill rack, cover, and grill until chicken is cooked through, turning occasionally and adjusting heat if browning too quickly, about 50 minutes.
- ☐ Cut each chicken half into pieces and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:28.212608689847%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 639.94kcal (32%), Fat: 42.3g (65.08%), Saturated Fat: 11.7g (73.14%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 14.19g (5.16%), Sugar: 8.45g (9.39%), Cholesterol: 213.57mg (71.19%), Sodium: 1407.78mg (61.21%), Alcohol: 1.88g (100%), Alcohol %: 0.67% (100%), Protein: 44.31g (88.61%), Vitamin B3: 17mg (85%), Vitamin K: 56.95µg (54.24%), Vitamin A: 2478.36IU (49.57%), Vitamin B6: 0.92mg (46%), Manganese: 0.89mg (44.64%), Phosphorus: 445.59mg (44.56%), Selenium: 30.19µg (43.13%), Vitamin B12: 2.46µg (40.98%), Iron: 5.63mg (31.26%), Vitamin B2: 0.51mg (30.05%), Vitamin B5: 2.63mg (26.31%), Vitamin C: 19.56mg (23.71%), Zinc: 3.5mg (23.35%), Folate: 83.98µg (21%), Potassium: 704.89mg (20.14%), Magnesium: 67.31mg (16.83%), Copper: 0.25mg (12.28%), Vitamin B1: 0.18mg (12%), Calcium: 88.73mg (8.87%), Fiber: 2.15g (8.61%), Vitamin E: 0.95mg (6.36%)