



Jamaican Jerk Chicken



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 2 teaspoons thyme leaves dried
- ☐ 6 cloves garlic chopped
- ☐ 1.5 cups green onions chopped
- ☐ 2 teaspoons ground allspice
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 teaspoons ground pepper black

- ☐ 4 juice of lime juiced
- ☐ 2 onions chopped
- ☐ 2 habanero peppers chopped
- ☐ 1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless cut into chunks
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water

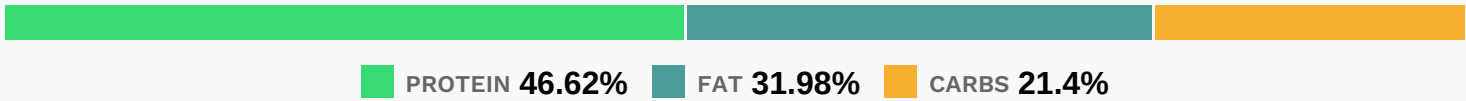
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Place chicken in a medium bowl. Cover with lime juice and water. Set aside.
- ☐ In a blender or food processor, place allspice, nutmeg, salt, brown sugar, thyme, ginger, black pepper and vegetable oil. Blend well, then mix in onions, green onions, garlic and habanero peppers until almost smooth.
- ☐ Pour most of the blended marinade mixture into bowl with chicken, reserving a small amount to use as a basting sauce while cooking. Cover, and marinate in the refrigerator for at least 2 hours.
- ☐ Preheat an outdoor grill for medium heat.
- ☐ Brush grill grate with oil. Cook chicken slowly on the preheated grill. Turn frequently, basting often with remaining marinade mixture. Cook to desired doneness.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:20.698695846226%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg

Nutrients (% of daily need)

Calories: 217.42kcal (10.87%), Fat: 7.81g (12.02%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 9.2g (3.35%), Sugar: 4.17g (4.64%), Cholesterol: 72.32mg (24.11%), Sodium: 529.3mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.26%), Vitamin K: 70.1µg (66.76%), Vitamin B3: 12.28mg (61.38%), Vitamin C: 48.03mg (58.22%), Selenium: 37.19µg (53.14%), Vitamin B6: 1.05mg (52.33%), Phosphorus: 275.66mg (27.57%), Manganese: 0.43mg (21.66%), Potassium: 667.75mg (19.08%), Vitamin B5: 1.77mg (17.65%), Magnesium: 48.33mg (12.08%), Fiber: 2.57g (10.26%), Vitamin B2: 0.16mg (9.62%), Vitamin B1: 0.14mg (9.35%), Iron: 1.66mg (9.2%), Vitamin A: 460.19IU (9.2%), Folate: 34.96µg (8.74%), Zinc: 0.97mg (6.48%), Copper: 0.13mg (6.48%), Vitamin E: 0.95mg (6.36%), Calcium: 59.86mg (5.99%), Vitamin B12: 0.23µg (3.77%)