



Jamaican Jerk Chicken Breasts

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



85 min.

SERVINGS



25

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp brown sugar
- 4 cups brown rice hot cooked
- 1 tsp ground cinnamon
- 0.5 tsp ground pepper red (cayenne)
- 1 tsp ground thyme
- 2 Tbsp oil
- 0.7 oz env. seasons dressing mix italian good
- 1.5 lb chicken breasts boneless skinless

2 Tbsp lite soy sauce

Equipment

grill

Directions

- Mix all ingredients except chicken and rice until blended.
- Pour over chicken in shallow dish; turn to evenly coat both sides of each breast. Refrigerate 1 hour to marinate.
- Heat greased grill to medium-high heat.
- Remove chicken from marinade; discard marinade. Grill chicken 6 to 8 min. on each side or until done (165F).
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.55, Inflammation Score:-2, Nutrition Score:4.5595652551755%

Nutrients (% of daily need)

Calories: 83.12kcal (4.16%), Fat: 2.1g (3.23%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.28g (3.01%), Sugar: 0.96g (1.07%), Cholesterol: 17.42mg (5.81%), Sodium: 172.18mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Manganese: 0.38mg (18.87%), Vitamin B3: 3.32mg (16.59%), Vitamin B6: 0.25mg (12.75%), Selenium: 8.74µg (12.49%), Phosphorus: 83.37mg (8.34%), Magnesium: 21.71mg (5.43%), Vitamin B5: 0.52mg (5.17%), Potassium: 131.3mg (3.75%), Vitamin B1: 0.05mg (3.37%), Fiber: 0.66g (2.64%), Zinc: 0.36mg (2.43%), Iron: 0.39mg (2.15%), Vitamin B2: 0.03mg (1.99%), Copper: 0.04mg (1.8%), Vitamin K: 1.87µg (1.79%), Vitamin E: 0.26mg (1.77%)