



Jamaican Jerk Chicken Hash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

Ingredients

- ☐ 3 cups baking potato cubed peeled () (1 pound)
- ☐ 1 tablespoon rum dark
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 2 garlic cloves crushed
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon ground allspice
- ☐ 1 tablespoon jalapeno chopped

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.7 cup evaporated milk low-fat
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds skinned
- ☐ 2 teaspoons vegetable oil

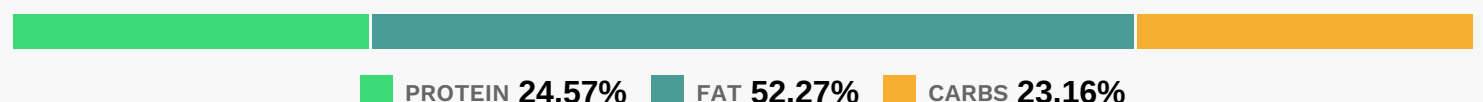
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Combine first 10 ingredients in a blender, and process until smooth.
- ☐ Combine green onion mixture and chicken in a large zip-top plastic bag; seal and marinate in refrigerator 24 hours, turning bag occasionally.
- ☐ Place potato in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add chicken and marinade; cook 5 minutes on each side or until done.
- ☐ Remove chicken from pan; chop.
- ☐ Add chicken, potato, milk, and 1/4 teaspoon salt to pan; cook for 5 minutes or until thoroughly heated, stirring occasionally.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:66.94, Glycemic Load:18.03, Inflammation Score:-5, Nutrition Score:18.856521725655%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 550.57kcal (27.53%), Fat: 31.43g (48.35%), Saturated Fat: 8.02g (50.13%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 29.33g (10.67%), Sugar: 9.14g (10.15%), Cholesterol: 173.95mg (57.98%), Sodium: 626.79mg (27.25%), Alcohol: 1.25g (100%), Alcohol %: 0.44% (100%), Protein: 33.24g (66.48%), Vitamin B6: 1.05mg (52.6%), Selenium: 33.46µg (47.8%), Vitamin B3: 9.25mg (46.27%), Phosphorus: 340.44mg (34.04%), Potassium: 948.7mg (27.11%), Vitamin K: 25.56µg (24.34%), Vitamin B5: 2.14mg (21.44%), Magnesium: 75.25mg (18.81%), Vitamin B12: 1.09µg (18.14%), Manganese: 0.35mg (17.7%), Vitamin C: 14.06mg (17.04%), Zinc: 2.54mg (16.96%), Vitamin B2: 0.27mg (16.1%), Vitamin B1: 0.23mg (15.42%), Iron: 2.69mg (14.95%), Copper: 0.25mg (12.61%), Fiber: 2g (8%), Folate: 27.19µg (6.8%), Calcium: 64.69mg (6.47%), Vitamin E: 0.75mg (4.99%), Vitamin A: 248.98IU (4.98%), Vitamin D: 0.17µg (1.13%)