



Jamaican "Jerk" Chicken Wings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 3.3 pounds chicken wings for another use
- 0.5 teaspoon cinnamon
- 0.5 teaspoon thyme dried crumbled
- 2 garlic clove
- 1.5 teaspoons ground allspice
- 0.3 cup jalapeno minced to taste (wear rubber gloves)
- 0.3 teaspoon nutmeg freshly grated

- 1 onion chopped
- 1.5 teaspoons salt
- 0.7 cup spring onion finely chopped
- 2 tablespoons soya sauce
- 6 drops all the tabasco sauce you handle to taste
- 0.3 cup vegetable oil

Equipment

- food processor
- oven
- blender
- roasting pan
- aluminum foil

Directions

- In a food processor or blender purée the onion, the scallion, the garlic, the thyme, the salt, the allspice, the nutmeg, the cinnamon, the jalapeño, the black pepper, the Tabasco, the soy sauce, and the oil.
- In a large shallow dish arrange the wings in one layer and spoon the marinade over them, rubbing it in (wear rubber gloves).
- Let the wings marinate, covered and chilled, turning them once, for at least 1 hour or, preferably, overnight.
- Arrange the wings in one layer on an oiled rack set over a foil-lined roasting pan, spoon the marinade over them, and bake the wings in the upper third of a preheated 450°F. oven for 30 to 35 minutes, or until they are cooked through.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:18.798261025678%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 592.87kcal (29.64%), Fat: 45.65g (70.23%), Saturated Fat: 11.08g (69.26%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 4.73g (1.72%), Sugar: 2.02g (2.24%), Cholesterol: 153.24mg (51.08%), Sodium: 1564.7mg (68.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.63%), Vitamin B3: 12.39mg (61.97%), Vitamin K: 63.81µg (60.77%), Selenium: 31.45µg (44.94%), Vitamin B6: 0.81mg (40.33%), Phosphorus: 294.78mg (29.48%), Zinc: 2.86mg (19.03%), Vitamin C: 15.19mg (18.42%), Vitamin B5: 1.64mg (16.41%), Manganese: 0.32mg (15.97%), Iron: 2.75mg (15.26%), Vitamin E: 2.03mg (13.56%), Potassium: 455mg (13%), Vitamin B2: 0.22mg (12.85%), Magnesium: 49.34mg (12.34%), Vitamin A: 534.87IU (10.7%), Vitamin B12: 0.64µg (10.61%), Vitamin B1: 0.13mg (8.72%), Copper: 0.14mg (7.02%), Folate: 27.93µg (6.98%), Fiber: 1.66g (6.64%), Calcium: 60.33mg (6.03%), Vitamin D: 0.2µg (1.33%)