



Jamaican Jerk Raspberry Chicken

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pounds chicken drummettes
- 3 tablespoons jamaican jerk rub
- 2 tablespoons olive oil
- 2 cups hickory chips
- 30 servings raspberry glaze

Equipment

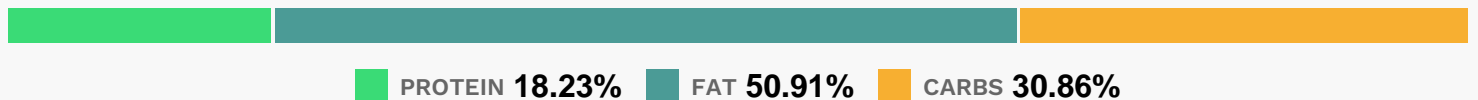
- frying pan
- grill

aluminum foil

Directions

- Rub chicken with oil, and sprinkle with Jamaican Jerk Rub. Cover and chill 4 to 6 hours.
- Soak wood chips in water 30 minutes.
- Prepare fire by piling charcoal or lava rocks on each side of grill, leaving center empty.
- Drain chips; place on a square of heavy-duty aluminum foil. Fold foil to seal; cut several slits in top of packet.
- Place foil packet on 1 side of coals.
- Place drip pan between coals.
- Place rack on grill.
- Arrange chicken over medium-hot coals (350 to 400), and grill, covered with grill lid, 10 to 15 minutes on each side.
- Place chicken over drip pan, and grill, covered with grill lid, 5 to 6 minutes on each side, brushing often with Raspberry Glaze.
- * 4 pounds chicken wings may be substituted for drumettes.
- Cut off wingtips, and discard; cut wings in half at joint. Continue as directed above.
- Jamaican Jerk Raspberry Ribs: Substitute 4 pounds pork back ribs, cut into pieces, for 4 pounds chicken drumettes. Grill as directed for chicken or until ribs are tender.

Nutrition Facts



Properties

Glycemic Index:3.01, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:7.3439130873784%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg

Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg
Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate:
0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate:
0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg,
Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 155.22kcal (7.76%), Fat: 9.01g (13.86%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 12.29g (4.1%), Net
Carbohydrates: 7.4g (2.69%), Sugar: 2.71g (3.01%), Cholesterol: 25.15mg (8.38%), Sodium: 114.86mg (4.99%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Manganese: 0.46mg (22.86%), Vitamin C:
16.95mg (20.54%), Fiber: 4.89g (19.55%), Vitamin B3: 2.74mg (13.7%), Vitamin B6: 0.19mg (9.62%), Selenium: 5.42µg
(7.75%), Phosphorus: 75.05mg (7.51%), Vitamin E: 1.06mg (7.06%), Potassium: 224.98mg (6.43%), Vitamin A:
305.01IU (6.1%), Iron: 1.08mg (5.98%), Vitamin K: 6.09µg (5.8%), Magnesium: 23.11mg (5.78%), Vitamin B5: 0.54mg
(5.4%), Zinc: 0.77mg (5.15%), Folate: 17.6µg (4.4%), Copper: 0.08mg (4.02%), Vitamin B2: 0.06mg (3.76%), Vitamin
B1: 0.05mg (3.24%), Calcium: 22.99mg (2.3%), Vitamin B12: 0.1µg (1.74%)