



## Jamaican Jerked Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**510 min.**

SERVINGS



**4**

CALORIES



**251 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon ginger root fresh minced
- 1 clove garlic minced
- 0.5 green onion minced
- 1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 tablespoon jalapeño peppers minced
- 1 tablespoon juice of lime

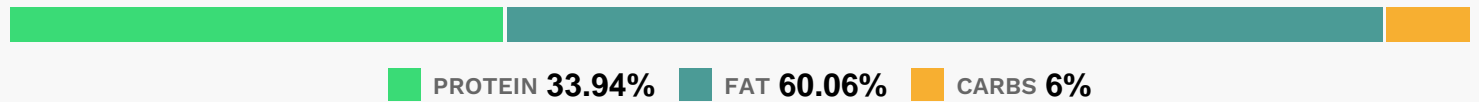
- 0.3 cup orange juice
- 1 tablespoon soya sauce
- 2 pound meat from a rotisserie chicken whole cut into pieces

## Equipment

## Directions

- Combine green onions, orange juice, ginger, hot pepper, lemon or lime juice, soy sauce, garlic, allspice, cinnamon and cloves.
- Add chicken, and marinate for 8 hours.
- Prepare barbecue, medium heat. Cook chicken, and drizzle with left over marinade that has been boiled for 2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:1.07, Inflammation Score:-3, Nutrition Score:9.6904347668523%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 251.06kcal (12.55%), Fat: 16.54g (25.45%), Saturated Fat: 4.73g (29.55%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.68g (1.86%), Cholesterol: 81.65mg (27.22%), Sodium: 329.6mg (14.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.07%), Vitamin B3: 7.74mg (38.71%), Selenium: 15.91µg (22.73%), Vitamin B6: 0.43mg (21.43%), Vitamin C: 15.87mg (19.24%), Phosphorus: 173.21mg (17.32%), Manganese: 0.26mg (12.77%), Vitamin B5: 1.06mg (10.64%), Zinc: 1.5mg (9.97%), Vitamin B2: 0.15mg (8.76%), Potassium: 282.7mg (8.08%), Magnesium: 28.78mg (7.19%), Iron: 1.25mg (6.95%), Vitamin B1: 0.09mg (5.87%), Vitamin B12: 0.34µg (5.62%), Vitamin K: 5.88µg (5.6%), Vitamin A: 244.2IU (4.88%), Copper: 0.08mg (3.97%), Folate: 14.8µg (3.7%), Vitamin E: 0.51mg (3.42%), Calcium: 24.41mg (2.44%), Fiber: 0.54g (2.14%), Vitamin D: 0.22µg (1.45%)