



Jamaican-Spiced Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 2 teaspoons soy sauce low-sodium
- ☐ 0.3 cup onion red minced

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 1 tablespoon sugar

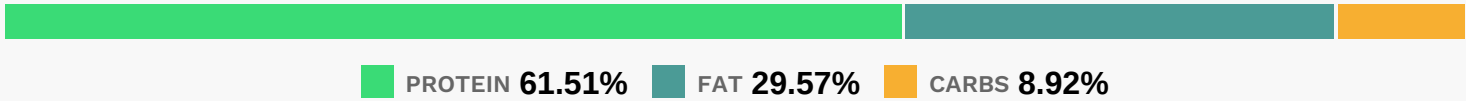
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 10 ingredients in a large bowl; add chicken, tossing to coat.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 4 minutes. Turn chicken over; cook 6 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:62.02, Glycemic Load:2.42, Inflammation Score:-4, Nutrition Score:14.5121739118%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 223.03kcal (11.15%), Fat: 7.09g (10.91%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.33g (1.57%), Sugar: 3.61g (4.01%), Cholesterol: 161.59mg (53.86%), Sodium: 533.09mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.4%), Selenium: 38.58µg (55.11%), Vitamin B3: 9.62mg (48.08%), Vitamin B6: 0.79mg (39.68%), Phosphorus: 327.6mg (32.76%), Vitamin B5: 2.08mg (20.77%), Vitamin B2: 0.32mg (18.54%), Vitamin B12: 1.09µg (18.14%), Zinc: 2.65mg (17.64%), Potassium: 460.85mg (13.17%), Magnesium: 43.77mg (10.94%), Vitamin B1: 0.16mg (10.78%), Iron: 1.64mg (9.11%), Vitamin K: 8.32µg (7.92%), Vitamin C: 5.44mg (6.6%), Manganese: 0.11mg (5.65%), Copper: 0.11mg (5.45%), Vitamin E: 0.5mg (3.35%), Folate: 11.42µg (2.86%), Vitamin A: 140.93IU (2.82%), Calcium: 24.5mg (2.45%), Fiber: 0.49g (1.96%)