



Jay's Jerk Chicken

 Gluten Free  Dairy Free

READY IN



285 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon thyme leaves fresh chopped
- 6 green onions chopped
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 1 jalapeno minced seeded
- 1 onion chopped

- 1.5 pounds chicken breast halves boneless skinless
- 0.8 cup soya sauce
- 0.3 cup vegetable oil
- 0.5 cup distilled vinegar white

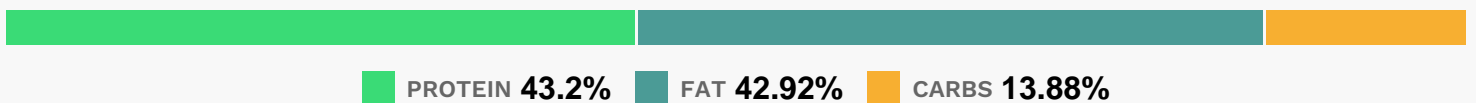
Equipment

- food processor
- bowl
- blender
- grill

Directions

- In a food processor or blender, combine the green onions, onion, jalapeno pepper, soy sauce, vinegar, vegetable oil, brown sugar, thyme, cloves, nutmeg and allspice.
- Mix for about 15 seconds.
- Place the chicken in a medium bowl, and coat with the marinade. Refrigerate for 4 to 6 hours, or overnight.
- Preheat grill for high heat.
- Lightly oil grill grate. Cook chicken on the prepared grill 6 to 8 minutes, until juices run clear.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:24.734347794367%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 391.19kcal (19.56%), Fat: 18.32g (28.19%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 11.52g (4.19%), Sugar: 8.38g (9.31%), Cholesterol: 108.86mg (36.29%), Sodium: 2634.71mg (114.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.5g (82.99%), Vitamin B3: 19.68mg (98.42%), Selenium: 55.3µg (79%), Vitamin B6: 1.43mg (71.51%), Vitamin K: 63.77µg (60.73%), Phosphorus: 433.74mg (43.37%), Vitamin B5: 2.66mg (26.62%), Manganese: 0.53mg (26.33%), Potassium: 845.4mg (24.15%), Magnesium: 73.6mg (18.4%), Vitamin C: 14.52mg (17.6%), Vitamin B2: 0.27mg (15.86%), Iron: 2.41mg (13.4%), Vitamin E: 1.69mg (11.26%), Vitamin B1: 0.16mg (10.72%), Zinc: 1.35mg (8.97%), Folate: 33.51µg (8.38%), Copper: 0.15mg (7.56%), Fiber: 1.82g (7.27%), Vitamin A: 353.92IU (7.08%), Vitamin B12: 0.34µg (5.67%), Calcium: 54.58mg (5.46%), Vitamin D: 0.17µg (1.13%)