



Jerk Chicken

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

READY IN



45 min.

SERVINGS



2

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 1 habanero chili pepper
- 1 teaspoon thyme leaves fresh chopped
- 1 teaspoon garlic chopped
- 0.3 teaspoon ground allspice
- 2 tablespoons soya sauce low-sodium
- 0.5 cup onion chopped
- 2 tablespoons red wine vinegar

- 0.5 teaspoon sesame oil
- 8 ounce skinned

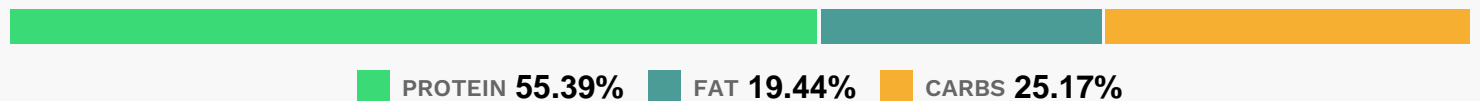
Equipment

- food processor
- bowl
- knife
- grill
- ziploc bags

Directions

- Position knife blade in food processor bowl; add first 9 ingredients. Pulse 12 times, scraping sides of processor bowl once.
- Place 1/3 cup onion mixture in a heavy-duty, zip-top plastic bag; reserve remaining onion mixture.
- Add chicken to bag; seal bag, and marinate chicken in refrigerator 1 hour, turning bag occasionally.
- Remove chicken from marinade, discarding marinade. Coat grill rack with cooking spray; place rack on grill over medium-hot coals (350 to 400).
- Place chicken and thyme sprigs, if desired, on rack; grill, covered, 4 minutes on each side or until chicken is done. Discard thyme sprigs.
- Serve chicken with reserved onion mixture.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:13.939999829168%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 194.79kcal (9.74%), Fat: 4.09g (6.3%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 10.83g (3.94%), Sugar: 7.88g (8.75%), Cholesterol: 72.57mg (24.19%), Sodium: 713.01mg (31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.47%), Vitamin B3: 12.16mg (60.8%), Selenium: 36.88µg (52.69%), Vitamin B6: 0.97mg (48.67%), Phosphorus: 283.52mg (28.35%), Vitamin B5: 1.75mg (17.47%), Vitamin C: 13.75mg (16.66%), Potassium: 578.94mg (16.54%), Magnesium: 49.13mg (12.28%), Manganese: 0.21mg (10.31%), Vitamin B2: 0.17mg (10.2%), Vitamin B1: 0.1mg (6.98%), Iron: 1.1mg (6.1%), Zinc: 0.91mg (6.06%), Folate: 20.97µg (5.24%), Fiber: 1.09g (4.37%), Copper: 0.08mg (3.81%), Vitamin B12: 0.23µg (3.78%), Calcium: 34.67mg (3.47%), Vitamin A: 131.41IU (2.63%), Vitamin E: 0.34mg (2.26%), Vitamin K: 1.25µg (1.19%)