

Jerk Chicken

 Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon coriander seeds
- ☐ 10 garlic cloves
- ☐ 0.5 cup juice of lime fresh white
- ☐ 0.5 nutmeg
- ☐ 1 large onion
- ☐ 0.5 cup sugar raw

- ☐ 1 bunch scallions chopped
- ☐ 2 to 3 scotch bonnet peppers
- ☐ 6 pimento seeds allspice
- ☐ 1 cup soya sauce
- ☐ 10 sprigs thyme leaves leaves picked
- ☐ 1 meat from a rotisserie chicken whole cut into 8 pieces

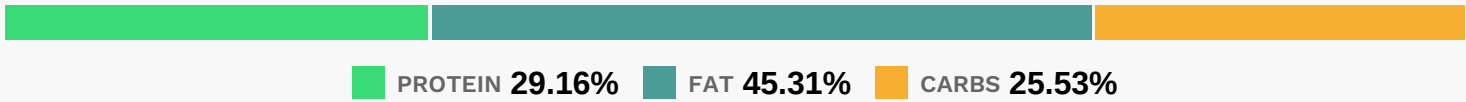
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat the oven to 350 degrees. Score chicken and season with salt. Spoon desired amount of jerk marinade over chicken and rub into scores. Marinade refrigerated for 2 hours to overnight.
- ☐ Bake for 35 minutes in the oven.
- ☐ Remove from the oven and finish on the grill.;
- ☐ Combine all of the above in a bowl and stir in the following: .

Nutrition Facts



Properties

Glycemic Index:87.75, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:22.065217494965%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 601.31kcal (30.07%), Fat: 29.98g (46.12%), Saturated Fat: 8.44g (52.78%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 34.73g (12.63%), Sugar: 27.99g (31.1%), Cholesterol: 142.83mg (47.61%), Sodium: 3379.77mg (146.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.42g (86.83%), Vitamin B3: 15.53mg (77.66%), Vitamin B6: 0.96mg (48.16%), Manganese: 0.91mg (45.72%), Selenium: 29.77µg (42.53%), Phosphorus: 394.18mg (39.42%), Vitamin C: 20.78mg (25.19%), Iron: 4.37mg (24.28%), Vitamin B2: 0.36mg (21.3%), Vitamin B5: 2.09mg (20.85%), Zinc: 3.08mg (20.54%), Magnesium: 81.07mg (20.27%), Potassium: 658.59mg (18.82%), Vitamin K: 18.33µg (17.46%), Copper: 0.27mg (13.43%), Fiber: 3.3g (13.21%), Vitamin B1: 0.19mg (12.94%), Vitamin A: 503.09IU (10.06%), Vitamin B12: 0.59µg (9.84%), Calcium: 97.77mg (9.78%), Folate: 35.76µg (8.94%), Vitamin E: 0.68mg (4.56%), Vitamin D: 0.38µg (2.54%)