



Jerk Chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons allspice
- ☐ 1 teaspoon pepper black freshly ground to taste
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 teaspoon rum dark
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 large onion cut into eighths (1/2 pound)
- ☐ 1 teaspoon salt to taste
- ☐ 4 spring onion cut into fourths

- ☐ 1 scotch bonnet peppers seeded
- ☐ 8 chicken breast boneless skinless

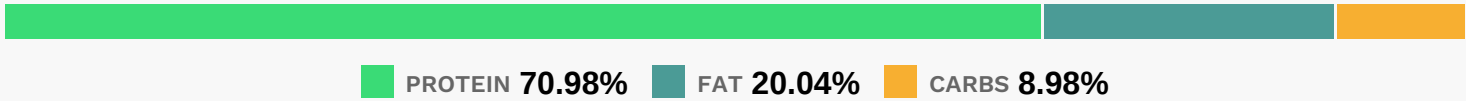
Equipment

- ☐ food processor
- ☐ oven
- ☐ roasting pan
- ☐ ziploc bags

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Combine the allspice, cinnamon, nutmeg, onion, scallions, chile, rum, salt, and pepper in a food processor. Process until the mixture forms a thick salsa-like mixture.
- ☐ Rub the mixture on each chicken breast and place the chicken in a zipper-lock plastic bag. Squeeze out the air and seal the bag. Refrigerate for 10 minutes.
- ☐ Spray the rack of a roasting pan with non-stick spray and place in the pan.
- ☐ Arrange the chicken on the rack, and bake for 12 minutes. Flip the chicken and cook another 15 minutes until cooked through.
- ☐ Serve warm.
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Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:12.490000227223%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 142.68kcal (7.13%), Fat: 3.06g (4.71%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.04g (1.16%), Cholesterol: 72.32mg (24.11%), Sodium: 424.07mg (18.44%), Alcohol: 0.1g (100%), Alcohol %: 0.09% (100%), Protein: 24.4g (48.81%), Vitamin B3: 11.88mg (59.38%), Selenium: 36.33µg (51.9%), Vitamin B6: 0.88mg (44.06%), Phosphorus: 246.89mg (24.69%), Vitamin B5: 1.64mg (16.45%), Potassium: 476.18mg (13.61%), Vitamin K: 13.38µg (12.75%), Magnesium: 34.23mg (8.56%), Manganese: 0.15mg (7.39%), Vitamin B2: 0.12mg (7.35%), Vitamin C: 5.88mg (7.12%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.73mg (4.87%), Vitamin B12: 0.23µg (3.77%), Iron: 0.65mg (3.59%), Fiber: 0.82g (3.29%), Folate: 12.54µg (3.14%), Copper: 0.05mg (2.65%), Vitamin A: 110.93IU (2.22%), Calcium: 21.78mg (2.18%), Vitamin E: 0.27mg (1.79%)