



## Jerk Chicken and Pasta

READY IN



105 min.

SERVINGS



4

CALORIES



660 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup chicken stock see
- 1 tablespoon jerk paste
- 2 teaspoons jerk paste
- 0.5 cup cooking wine dry white
- 12 ounce extra wide egg noodles uncooked
- 0.3 cup cilantro leaves fresh chopped
- 4 sprigs cilantro leaves fresh for garnish
- 1 clove garlic minced
- 0.5 cup heavy whipping cream

- 2 limes quartered
- 1 tablespoon olive oil
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

## Equipment

- sauce pan
- pot
- grill

## Directions

- Rub each breast half with 1/2 teaspoon jerk paste, and place in a shallow dish. Cover, and refrigerate at least 1 hour.
- Preheat the grill for high heat. Bring a large pot of lightly salted water to a boil, cook the egg noodles 6 to 8 minutes, until al dente, and drain.
- Lightly oil the grill grate. Grill chicken 8 to 10 minutes on each side, until juices run clear.
- Meanwhile, heat the olive oil in a large saucepan over medium heat, and cook the garlic for one minute.
- Mix in the chicken stock, 1 tablespoon jerk paste, white wine, chopped cilantro, juice of 1 lime, salt, and pepper. Bring to a boil, reduce heat to low, and stir in the heavy cream. Cook and stir until mixture is thickened, about 5 minutes. Do not allow it to boil.
- Pour the cooked egg noodles into the saucepan, and toss with the cream sauce. Divide noodles onto 4 serving plates, and top with grilled chicken.
- Garnish each serving with a cilantro sprig and the juice of 1/4 lime.

## Nutrition Facts



## Properties

Glycemic Index:76.75, Glycemic Load:27.34, Inflammation Score:-7, Nutrition Score:25.699565431346%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 14.52mg, Hesperetin: 14.52mg, Hesperetin: 14.52mg, Hesperetin: 14.52mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## **Nutrients (% of daily need)**

Calories: 659.96kcal (33%), Fat: 22.19g (34.13%), Saturated Fat: 9.24g (57.78%), Carbohydrates: 70.08g (23.36%), Net Carbohydrates: 65.84g (23.94%), Sugar: 4.75g (5.28%), Cholesterol: 179.18mg (59.73%), Sodium: 710.84mg (30.91%), Alcohol: 3.09g (100%), Alcohol %: 1.07% (100%), Protein: 39.69g (79.38%), Selenium: 106.2µg (151.71%), Vitamin B3: 14.75mg (73.73%), Vitamin B6: 1.13mg (56.75%), Phosphorus: 501.37mg (50.14%), Manganese: 0.87mg (43.56%), Vitamin B5: 2.6mg (25.95%), Magnesium: 92.71mg (23.18%), Potassium: 807.45mg (23.07%), Vitamin B2: 0.33mg (19.45%), Copper: 0.38mg (19.09%), Zinc: 2.73mg (18.18%), Vitamin B1: 0.27mg (17.74%), Fiber: 4.24g (16.97%), Vitamin K: 16.28µg (15.5%), Vitamin A: 766.32IU (15.33%), Iron: 2.74mg (15.24%), Vitamin C: 12.51mg (15.16%), Folate: 39.75µg (9.94%), Vitamin E: 1.48mg (9.87%), Vitamin B12: 0.53µg (8.77%), Calcium: 78.41mg (7.84%), Vitamin D: 0.84µg (5.63%)