



Jerk Chicken and Stuffed Mini Bell Peppers

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



754 kcal

SIDE DISH

Ingredients

- ☐ 8 snack peppers mini
- ☐ 8 chicken thighs bone-in
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 garlic clove
- ☐ 0.3 cup spring onion divided sliced
- ☐ 0.5 teaspoon ground allspice
- ☐ 3 tablespoons juice of lime fresh divided

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 large serrano chiles stemmed
- ☐ 0.3 cup shallots divided chopped
- ☐ 2 tablespoons cream light sour

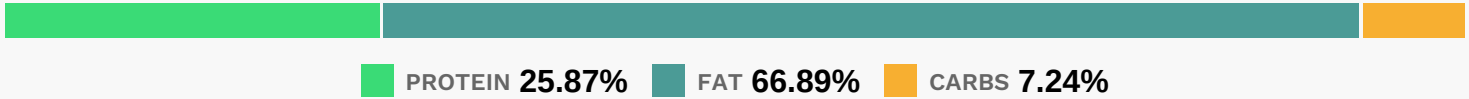
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat. After preheating, reduce one side to low.
- ☐ Combine 1/4 cup green onions, 1/4 cup shallots, sugar, 2 tablespoons juice, oil, allspice, garlic, and serrano in a mini food processor; process until smooth.
- ☐ Combine half of onion mixture and chicken in a medium bowl; toss well.
- ☐ Sprinkle with salt.
- ☐ Place chicken on grill rack coated with cooking spray over medium-high heat. Cover and grill 5 minutes on each side. Move chicken over low heat. Cover and grill 5 minutes on each side or until done.
- ☐ Brush chicken with remaining onion mixture.
- ☐ Combine remaining green onions, remaining shallots, remaining juice, cheese, cilantro, and sour cream. Halve bell peppers lengthwise; discard seeds. Divide cheese mixture evenly among pepper halves.
- ☐ Place peppers on grill rack coated with cooking spray over medium-high heat. Grill 7 minutes or until peppers are lightly charred.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:30.119565207025%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 754.24kcal (37.71%), Fat: 55.89g (85.99%), Saturated Fat: 14.35g (89.71%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 11.37g (4.14%), Sugar: 7.3g (8.11%), Cholesterol: 285.32mg (95.11%), Sodium: 380.94mg (16.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.63g (97.26%), Vitamin C: 80.01mg (96.99%), Selenium: 55.06µg (78.66%), Vitamin B3: 14.13mg (70.65%), Vitamin B6: 1.28mg (63.98%), Phosphorus: 497.62mg (49.76%), Vitamin A: 2117.13IU (42.34%), Vitamin B5: 3.22mg (32.17%), Vitamin B12: 1.87µg (31.25%), Vitamin K: 31.38µg (29.89%), Vitamin B2: 0.45mg (26.68%), Zinc: 3.95mg (26.31%), Potassium: 849.69mg (24.28%), Vitamin B1: 0.27mg (18.19%), Magnesium: 70.68mg (17.67%), Vitamin E: 2.61mg (17.43%), Iron: 2.7mg (14.99%), Manganese: 0.25mg (12.27%), Folate: 48.93µg (12.23%), Copper: 0.2mg (9.97%), Fiber: 2.25g (8.99%), Calcium: 60.4mg (6.04%), Vitamin D: 0.3µg (2.01%)