



Jerk Chicken and Tomato Salad

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

READY IN



415 min.

SERVINGS



8

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 pounds cut up chicken
- 0.5 cup basil leaves fresh chopped
- 0.1 cup thyme leaves fresh
- 1 tablespoon garlic crushed
- 4 teaspoons ground allspice
- 3 teaspoons ground cinnamon
- 3 teaspoons ground nutmeg
- 4 limes

- 2 cups soya sauce low sodium
- 0.3 cup olive oil
- 1 onion red
- 3 tablespoons red wine vinegar
- 8 servings salt and pepper
- 1 cup scallions chopped
- 2 scotch bonnet chiles
- 1.5 pounds tomatoes juicy cut into wedges
- 2 onions white finely chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- mixing bowl
- blender
- kitchen thermometer
- microwave

Directions

- Place the limes in a small microwave-safe bowl and microwave until the essential oils in the skin are released. These limes will be hot coming from the microwave, so set aside and let them cool before squeezing them.
- Using a blender (or a food processor), blend all the dry ingredients; allspice, nutmeg, cinnamon, thyme, onions, scallions, peppers (while wearing gloves) together to make a pulp. Return to the limes and squeeze the juice into the blender through the feeder tube. Make sure you use the lime oils which were released by microwaving, as well as the juice you've squeezed. Then add the soy sauce through the feeder tube.
- Mix well.

- Place the chicken pieces and lime skins in a container which you will be able to cover tightly.
- Pour the marinade over the chicken and rest in the refrigerator overnight (or a minimum of 4 hours). Keep tightly covered and away from other foods, as it will taint them.
- Preheat the oven to 300 degrees F.
- Roast the chicken in a covered pan for 2 hours. Raise the temperature to 400 degrees F, uncover the chicken, and roast for another 30 minutes. The important thing is that you "check for doneness." When the chicken is done, the flesh will feel firm and the juices will run clear. You can also use an instant-read thermometer which should register an internal temperature of at least 180 degrees F.
- To make the tomato salad, mix tomatoes, garlic, olive oil, vinegar, red onion, basil in a mixing bowl. Toss gently and season with salt and pepper.
- Serve at room temperature family style.

Nutrition Facts

PROTEIN 30.76%

FAT 58%

CARBS 11.24%

Properties

Glycemic Index:54.5, Glycemic Load:3.19, Inflammation Score:-9, Nutrition Score:27.824782723966%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg

Nutrients (% of daily need)

Calories: 623.01kcal (31.15%), Fat: 40.44g (62.21%), Saturated Fat: 10.62g (66.37%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 13.25g (4.82%), Sugar: 5.54g (6.15%), Cholesterol: 163.29mg (54.43%), Sodium: 2651.84mg (115.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.27g (96.53%), Vitamin B3: 16.33mg (81.66%), Vitamin B6: 1.04mg (51.9%), Phosphorus: 476.76mg (47.68%), Selenium: 32.31µg (46.15%), Vitamin K: 47.12µg (44.87%), Vitamin C: 36.06mg (43.71%), Manganese: 0.72mg (36.02%), Potassium: 1005.72mg (28.73%), Magnesium: 111.84mg (27.96%), Vitamin B2: 0.47mg (27.49%), Vitamin A: 1300.27IU (26.01%), Zinc: 3.74mg (24.94%), Vitamin B5: 2.41mg (24.13%), Iron: 3.96mg (21.98%), Folate: 75.3µg (18.83%), Fiber: 4.38g (17.53%), Vitamin E: 2.54mg (16.96%), Vitamin B1: 0.23mg (15.46%), Copper: 0.27mg (13.33%), Vitamin B12: 0.67µg (11.25%),

Calcium: 104.81mg (10.48%), Vitamin D: 0.44µg (2.9%)