



Jerk chicken burger

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast skinless
- ☐ 9 servings thyme sprigs leaves picked
- ☐ 1 tbsp olive oil
- ☐ 2 tsp walkerswood jamaican jerk seasoning
- ☐ 1 juice of lime
- ☐ 2 large bread
- ☐ 0.5 small mangos peeled sliced
- ☐ 1 tomatoes sliced

- ☐ 1 lettuce shredded
- ☐ 2 tbsp catsup

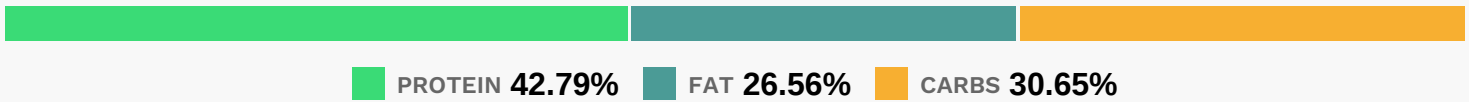
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Put the chicken breasts in between pieces of cling film and bash with a rolling pin to flatten.
- ☐ Mix together the thyme, oil, jerk seasoning and half the lime juice in a bowl.
- ☐ Add the chicken and leave to marinate for 5 mins.
- ☐ Heat a griddle pan until hot and cook the chicken for 4–5 mins each side or until cooked through.
- ☐ Remove from the heat. Meanwhile, toast the cut sides of the buns for 1–2 mins.
- ☐ Put the chicken on the buns and top with the mango, tomato and a handful of lettuce. Squeeze over the rest of the lime and top with mayo and ketchup, if you like.

Nutrition Facts



Properties

Glycemic Index:112.71, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:41.459130587785%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin:

4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 507.2kcal (25.36%), Fat: 15.21g (23.4%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 32.12g (11.68%), Sugar: 19.64g (21.82%), Cholesterol: 144.64mg (48.21%), Sodium: 612.98mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.13g (110.25%), Vitamin B3: 26.76mg (133.79%), Selenium: 81.51µg (116.44%), Vitamin B6: 2.04mg (101.89%), Vitamin K: 80.73µg (76.89%), Vitamin A: 3394.98IU (67.9%), Vitamin C: 49.99mg (60.6%), Phosphorus: 603.91mg (60.39%), Manganese: 0.94mg (46.91%), Potassium: 1620.17mg (46.29%), Vitamin B5: 3.91mg (39.15%), Folate: 148.09µg (37.02%), Fiber: 7.36g (29.43%), Magnesium: 114.64mg (28.66%), Vitamin B1: 0.42mg (28.02%), Vitamin B2: 0.47mg (27.4%), Vitamin E: 3.82mg (25.45%), Iron: 4.44mg (24.67%), Copper: 0.33mg (16.35%), Zinc: 2.37mg (15.77%), Calcium: 136.2mg (13.62%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)