



Jerk Chicken Casserole

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 2 teaspoons cornstarch
- 2 tablespoons spring onion sliced (2 medium)
- 0.8 teaspoon ground allspice
- 0.3 teaspoon ground pepper red (cayenne)
- 0.3 cup honey
- 0.3 cup juice of lime
- 0.5 teaspoon pumpkin pie spice

- 1.3 teaspoons salt
- 6 chicken thighs boneless skinless
- 1 lb sweet potatoes and into cubed peeled (3 cups)
- 0.8 teaspoon thyme leaves dried
- 1 tablespoon vegetable oil

Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375F. Spray 8-inch square (2-quart) baking dish with cooking spray. In small bowl, mix salt, pumpkin pie spice, allspice, thyme and red pepper. Rub mixture on all sides of chicken. In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 2 to 3 minutes per side, until brown.
- In baking dish, layer beans and sweet potato. Top with browned chicken. In small bowl, mix honey, lime juice and cornstarch; add to skillet.
- Heat to boiling, stirring constantly.
- Pour over chicken in baking dish.
- Bake 35 to 45 minutes or until juice of chicken is clear when center of thickest part is cut (180F) and sweet potatoes are fork tender.
- Sprinkle with green onions.

Nutrition Facts

 **PROTEIN 32.52%**  **FAT 19.3%**  **CARBS 48.18%**

Properties

Glycemic Index:39.05, Glycemic Load:13.64, Inflammation Score:-10, Nutrition Score:21.833478139794%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg 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: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 334.4kcal (16.72%), Fat: 7.23g (11.12%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 33.17g (12.06%), Sugar: 15g (16.66%), Cholesterol: 107.35mg (35.78%), Sodium: 900.25mg (39.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.79%), Vitamin A: 10828.47IU (216.57%), Selenium: 27.1µg (38.71%), Vitamin B3: 7.24mg (36.18%), Vitamin B6: 0.71mg (35.62%), Phosphorus: 327.18mg (32.72%), Fiber: 7.42g (29.68%), Potassium: 781.61mg (22.33%), Manganese: 0.44mg (21.8%), Vitamin B5: 2.12mg (21.16%), Vitamin B2: 0.34mg (20.12%), Magnesium: 72.31mg (18.08%), Vitamin B1: 0.26mg (17.63%), Copper: 0.33mg (16.38%), Iron: 2.92mg (16.21%), Zinc: 2.39mg (15.93%), Folate: 58.97µg (14.74%), Vitamin K: 13.12µg (12.5%), Vitamin B12: 0.72µg (12.05%), Vitamin C: 7.8mg (9.46%), Calcium: 65.59mg (6.56%), Vitamin E: 0.65mg (4.31%)