



Jerk chicken kebabs with mango salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp walkerswood jamaican jerk seasoning (we used Bart)
- ☐ 1 tbsp olive oil
- ☐ 1 juice of lime
- ☐ 4 chicken breast skinless chopped
- ☐ 1 large bell pepper yellow cut into 2cm cubes
- ☐ 100 g arugula
- ☐ 320 g mangos diced
- ☐ 1 large bell pepper diced red deseeded

- ☐ 1 bunch spring onion finely chopped
- ☐ 1 to 5 chillies red chopped

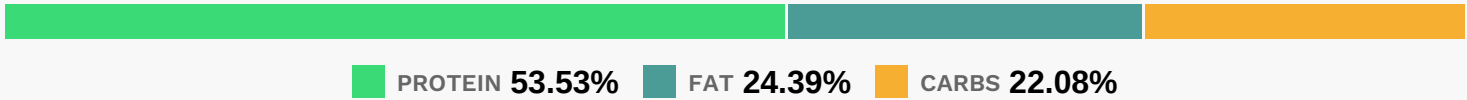
Equipment

- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Mix together the jerk seasoning, olive oil and lime juice. Toss the chicken in it and leave to marinate in the fridge for at least 20 mins, or up to 24 hours.
- ☐ Make the salsa by mixing all the ingredients together with some seasoning add a chopped red chilli if you like extra heat.
- ☐ Heat the grill or barbecue to Medium. Thread the chicken onto 8 metal skewers divided by the yellow peppers aim for 3 of each per skewer. Cook for 8 mins each side until cooked through and lightly charred.
- ☐ Serve with the salsa and rocket leaves.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:6.69, Inflammation Score:-10, Nutrition Score:36.221739323243%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.86mg, Kaempferol: 8.86mg, Kaempferol: 8.86mg, Kaempferol: 8.86mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 377.16kcal (18.86%), Fat: 10.25g (15.77%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 17.22g (6.26%), Sugar: 14.13g (15.7%), Cholesterol: 144.64mg (48.21%), Sodium: 290.87mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.64g (101.28%), Vitamin C: 192.94mg (233.87%), Vitamin B3: 25.3mg (126.48%), Selenium: 73.36µg (104.8%), Vitamin B6: 2.09mg (104.4%), Vitamin A: 3370.53IU (67.41%), Phosphorus: 531.73mg (53.17%), Vitamin K: 50.28µg (47.88%), Potassium: 1329.04mg (37.97%), Vitamin B5: 3.74mg (37.41%), Folate: 106.1µg (26.52%), Magnesium: 94.89mg (23.72%), Vitamin B2: 0.35mg (20.55%), Vitamin E: 2.92mg (19.45%), Manganese: 0.31mg (15.69%), Vitamin B1: 0.23mg (15.26%), Fiber: 3.66g (14.65%), Copper: 0.26mg (12.85%), Zinc: 1.78mg (11.89%), Iron: 2.12mg (11.8%), Calcium: 78.36mg (7.84%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)