



Jerk Chicken Sandwiches with Peach Aioli

READY IN

ready

305 min.

SERVINGS

servings

6

CALORIES

calories

715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons irvine spices caribbean jerk seasoning
- ☐ 0.3 cup cheddar shredded yellow for garnish
- ☐ 36 ounce chicken breasts boneless
- ☐ 1 tablespoon cilantro leaves finely chopped for garnish
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh 4 sprigs
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 1 lime
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 1 large peaches fresh canned ripe peeled drained sliced
- ☐ 6 servings salt and pepper white freshly ground
- ☐ 0.3 cup scallions white green chopped 4 or 5
- ☐ 1 scotch bonnet pepper hot use plastic gloves to handle these, protect your eyes, and avoid breathing in the fumes
- ☐ 6 crusted round rolls crispy england style top-sliced
- ☐ 1 small onion white finely chopped

Equipment

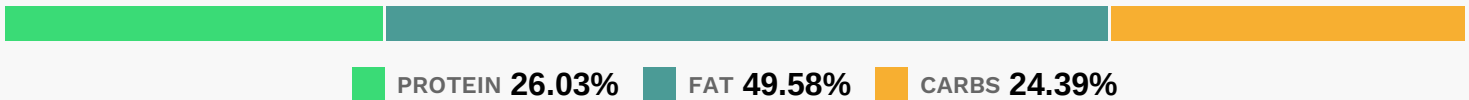
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Place the lime in a small microwave-safe bowl and microwave until the essential oils in the skin are released. Since this lime will be hot coming from the microwave, you will need to set this aside briefly, until it cools just enough to handle. Blend the allspice, nutmeg, cinnamon, thyme, onions, scallions, pepper – together in a blender or food processor to make a pulp. Return to the lime and squeeze the juice into the blender through the feed tube. Reserve lime skins.

- ☐ Add the soy sauce through the feed tube and mix well.
- ☐ Season chicken pieces with jerk seasoning and place them along with the 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 oven to 350 degrees F.
- ☐ Transfer the marinated chicken to a roasting pan and pour oil over the chicken. Roast covered for about 25 minutes, removing the cover and increasing the temperature to 400 degrees F for the last 5 to 10 minutes or so. 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 170 degrees F.
- ☐ The chicken can also be cooked on the grill.
- ☐ Heat grill to medium-high heat. Wrap chicken in a foil pouch in which you have shaken 1 tablespoon flour, and cook over indirect heat (on the side of the grill opposite the direct heat source) for about 15 to 20 minutes.
- ☐ While the chicken is cooking, prepare the aioli.
- ☐ Add peaches, mayonnaise, and cilantro to a food processor and blend until smooth. Season with salt and white pepper, to taste.
- ☐ Assemble sandwiches by placing sauce on roll, then chicken and top with shredded Cheddar and a sprig of cilantro.

Nutrition Facts



Properties

Glycemic Index:94.71, Glycemic Load:25.51, Inflammation Score:-8, Nutrition Score:28.184782867846%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg

0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg
Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.2mg,
Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin:
3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 714.6kcal (35.73%), Fat: 39.23g (60.35%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 43.42g (14.47%),
Net Carbohydrates: 39.73g (14.45%), Sugar: 8.09g (8.99%), Cholesterol: 126.9mg (42.3%), Sodium: 1501.57mg
(65.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.34g (92.68%), Vitamin B3: 18.56mg (92.81%),
Selenium: 58.49µg (83.55%), Iron: 12.7mg (70.58%), Vitamin B6: 1.39mg (69.3%), Vitamin K: 63.12µg (60.11%),
Phosphorus: 451.73mg (45.17%), Vitamin B5: 2.68mg (26.77%), Potassium: 834.26mg (23.84%), Vitamin E: 3.46mg
(23.1%), Manganese: 0.36mg (18.18%), Magnesium: 72.35mg (18.09%), Vitamin B2: 0.3mg (17.54%), Fiber: 3.7g
(14.78%), Vitamin C: 12.19mg (14.78%), Vitamin A: 724.9IU (14.5%), Zinc: 1.66mg (11.07%), Vitamin B1: 0.16mg (10.41%),
Calcium: 97.23mg (9.72%), Folate: 30.25µg (7.56%), Vitamin B12: 0.44µg (7.34%), Copper: 0.15mg (7.29%), Vitamin
D: 0.26µg (1.76%)