



Jerk Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves crushed
- ☐ 1.5 teaspoons ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon mace
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 pound skinned

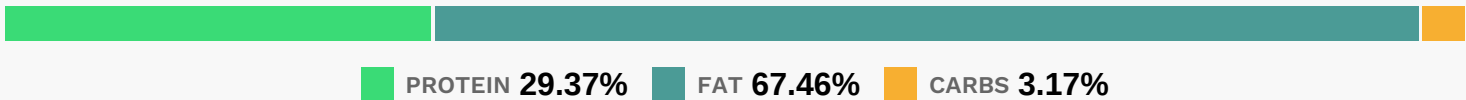
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 7 ingredients in a small bowl. Rub chicken with spice mixture.
- ☐ Prepare grill or broiler.
- ☐ Place chicken on grill rack or broiler pan coated with cooking spray; grill or broil 4 minutes on each side or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:8.2639130042947%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 255.66kcal (12.78%), Fat: 19.01g (29.24%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.06g (0.07%), Cholesterol: 111.13mg (37.04%), Sodium: 233.71mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.24%), Selenium: 21.47µg (30.67%), Vitamin B3: 5.31mg (26.55%), Vitamin B6: 0.41mg (20.55%), Phosphorus: 183.43mg (18.34%), Vitamin B12: 0.73µg (12.1%), Vitamin B5: 1.17mg (11.66%), Zinc: 1.46mg (9.74%), Manganese: 0.19mg (9.52%), Vitamin B2: 0.15mg (9.01%), Potassium: 252.83mg (7.22%), Magnesium: 24.1mg (6.02%), Vitamin B1: 0.09mg (5.92%), Iron: 0.93mg (5.15%), Copper: 0.08mg (3.8%), Vitamin K: 2.97µg (2.83%), Calcium: 23.5mg (2.35%), Fiber: 0.57g (2.29%), Vitamin A: 96.61IU (1.93%), Vitamin E: 0.25mg (1.69%)