



Jerk Chicken with Rice, Black Beans, and Pineapple



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons sauce (such as Pickapeppa Sauce)
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice

- ☐ 8 ounces pineapple fresh cut into 1-inch pieces
- ☐ 1 bunch spring onion sliced
- ☐ 24 ounce chicken breast boneless skinless
- ☐ 1 cup rice long-grain white

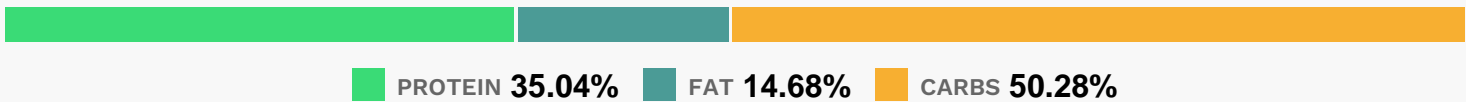
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ measuring cup

Directions

- ☐ Cook the rice according to the package directions.
- ☐ Combine the vinegar, rum, jerk sauce, and ginger in a measuring cup or small bowl; set aside.Pound the chicken to an even thickness. Season it with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Add the chicken and cook until browned, about 4 minutes per side.
- ☐ Remove from heat and add the vinegar mixture. Return the skillet to low heat and simmer until the chicken is cooked through, about 2 minutes. Divide the chicken and sauce among plates.Stir the beans into the rice. In a medium bowl, combine the pineapple and scallions.
- ☐ Serve both with the chicken.Tip: The chili peppers in jerk sauce shouldn't overwhelm the other ingredients. Taste yours before adding it to a dish. If the sauce is too spicy, cut the amount you use in the recipe by half.

Nutrition Facts



Properties

Glycemic Index:64.71, Glycemic Load:27.16, Inflammation Score:-7, Nutrition Score:31.329130540723%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 541.34kcal (27.07%), Fat: 8.65g (13.31%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 66.63g (22.21%), Net Carbohydrates: 57.68g (20.98%), Sugar: 8.9g (9.89%), Cholesterol: 108.86mg (36.29%), Sodium: 894.37mg (38.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.44g (92.89%), Vitamin B3: 19.53mg (97.65%), Selenium: 62.93µg (89.9%), Vitamin B6: 1.48mg (74.23%), Manganese: 1.36mg (67.77%), Phosphorus: 536.39mg (53.64%), Vitamin C: 40.98mg (49.67%), Fiber: 8.95g (35.81%), Potassium: 1137.59mg (32.5%), Vitamin B5: 3.25mg (32.47%), Magnesium: 104.21mg (26.05%), Folate: 94.24µg (23.56%), Vitamin B1: 0.35mg (23.5%), Copper: 0.43mg (21.56%), Vitamin B2: 0.35mg (20.5%), Iron: 3.37mg (18.7%), Vitamin K: 15.33µg (14.6%), Zinc: 2.18mg (14.51%), Calcium: 73.54mg (7.35%), Vitamin E: 0.93mg (6.22%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 178.99IU (3.58%), Vitamin D: 0.17µg (1.13%)