

Jerk Grilled Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



290 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 large chicken wings
- 1 tablespoon curry powder
- 1 tablespoon ginger fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 1 tablespoon garlic chopped
- 0.5 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

- 2 teaspoons pepper black
- 1 scotch bonnet peppers seeded chopped (use gloves)
- 2 tablespoons juice of lemon
- 2 tablespoons juice of lime
- 0.3 cup orange juice fresh
- 1 teaspoon salt
- 0.5 cup vegetable oil

Equipment

- bowl
- whisk
- grill

Directions

- Mix together the orange juice, lemon juice, lime juice, salt, black pepper, thyme, garlic, ginger, habanero pepper, curry powder, allspice, nutmeg, and cinnamon in a bowl.
- Whisk in the vegetable oil.
- Pour 3/4 of the marinade into a resealable plastic zipper bag, and place the chicken wing pieces into the bag. Squeeze out any air, and mix the wing pieces with the marinade, and refrigerate from 4 to 12 hours.
- Place the remaining 1/4 of the marinade in a small bowl, and refrigerate until grilling time.
- Preheat an outdoor grill for medium heat, and lightly oil the grate.
- Remove the wing pieces from the bag of marinade, and discard the used marinade.
- Sprinkle the wings with salt and pepper to taste, and sear on the hottest part of the grill until the wings begin to brown, about 4 minutes per side.
- Move the wings to a less-hot part of the grill, baste with the unused portion of the marinade, and close the grill. Grill until the wings are golden brown, show good grill marks, are no longer pink in the center, and the juices run clear, 10 to 15 more minutes. Baste again with marinade and turn after 5 to 8 minutes.

Nutrition Facts



■ PROTEIN 27.64% ■ FAT 66.03% ■ CARBS 6.33%

Properties

Glycemic Index:26.17, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:4.3708695302839%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 131.64kcal (6.58%), Fat: 9.63g (14.82%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.63g (0.7%), Cholesterol: 37.01mg (12.34%), Sodium: 229.72mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.15%), Vitamin B3: 2.93mg (14.65%), Selenium: 7.67µg (10.96%), Vitamin B6: 0.19mg (9.74%), Vitamin C: 7.1mg (8.6%), Phosphorus: 69.54mg (6.95%), Manganese: 0.11mg (5.48%), Zinc: 0.69mg (4.63%), Iron: 0.79mg (4.39%), Vitamin K: 4.55µg (4.33%), Vitamin B5: 0.4mg (3.98%), Potassium: 115.52mg (3.3%), Magnesium: 13.17mg (3.29%), Vitamin B2: 0.05mg (3.01%), Vitamin E: 0.43mg (2.84%), Vitamin B12: 0.15µg (2.56%), Vitamin A: 125.46IU (2.51%), Vitamin B1: 0.03mg (2.21%), Copper: 0.04mg (2.02%), Fiber: 0.45g (1.79%), Calcium: 15.65mg (1.56%), Folate: 5.65µg (1.41%)