



Jerk Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



174 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 cups green onions chopped
- ☐ 1 tablespoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 habaneros minced seeded
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup juice of lime
- ☐ 0.5 cup olive oil extra-virgin

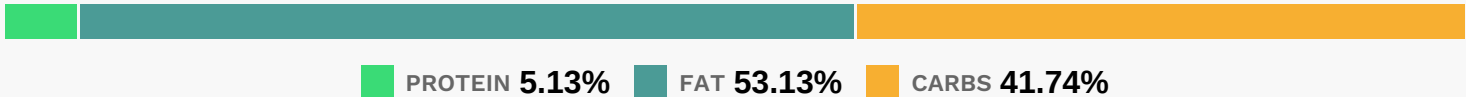
Equipment

- ☐ food processor
- ☐ baking pan

Directions

- ☐ Pulse all ingredients in a food processor into a loose paste. Put chicken in a 9- by 13-in. nonreactive baking dish and slather with mixture all over and under the skin.
- ☐ *Scotch bonnets, which are similar to habaneros, are extremely hot. We advise wearing rubber gloves when preparing either of them.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:14.854782570963%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 174.19kcal (8.71%), Fat: 11.35g (17.46%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 15.94g (5.8%), Sugar: 9.48g (10.53%), Cholesterol: 0mg (0%), Sodium: 2347.74mg (102.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin K: 216.1µg (205.8%), Vitamin C: 50.64mg (61.39%), Vitamin A: 1174.08IU (23.48%), Manganese: 0.47mg (23.31%), Folate: 71.68µg (17.92%), Fiber: 4.13g (16.5%), Vitamin E: 2.3mg (15.32%), Iron: 2.08mg (11.55%), Potassium: 403.89mg (11.54%), Calcium: 114.71mg (11.47%), Vitamin B6: 0.16mg (7.94%), Magnesium: 31.12mg (7.78%), Copper: 0.14mg (6.76%), Vitamin B2: 0.1mg (5.87%), Phosphorus: 51.96mg (5.2%), Vitamin B1: 0.08mg (5.11%), Vitamin B3: 0.86mg (4.3%), Zinc: 0.51mg (3.4%), Vitamin B5: 0.15mg (1.54%), Selenium: 0.9µg (1.28%)