



Jerk Rubbed Chicken Thighs with Home-Made Mango-Habanero Hot Sauce



Gluten Free



Dairy Free

READY IN



86 min.

SERVINGS



4

CALORIES



673 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon cayenne powder
- ☐ 8 chicken thighs
- ☐ 4 servings cilantro leaves for garnish
- ☐ 1 teaspoon cinnamon
- ☐ 2 cloves garlic finely chopped

- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground cloves
- ☐ 2 tablespoons ground coriander
- ☐ 2 tablespoons ground ginger
- ☐ 1 habanero chopped
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 4 servings mangos fresh sliced
- ☐ 2 mangoes pitted ripe peeled coarsely chopped
- ☐ 1 small onion spanish finely chopped
- ☐ 1 tablespoon onion powder
- ☐ 2 teaspoons coarse pepper black
- ☐ 4 servings salt
- ☐ 2 teaspoons thyme leaves dry
- ☐ 1 cup citrus champagne vinegar

Equipment

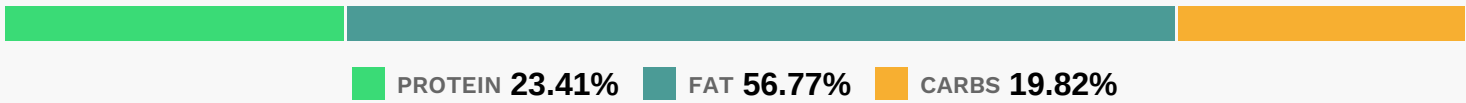
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all spices in a small bowl. Rub the skin side of the chicken with the rub and let rest for 30 minutes.
- ☐ Heat the grill to medium heat and grill the thighs, skin side down for 12 to 15 minutes, or until golden brown. Turn the chicken, close the cover of the grill and move the chicken to the side (or cooler part) of the grill. Continue cooking for 6 to 7 minutes or until completely cooked through.

- ☐ Remove to a platter and let rest 5 minutes before serving.
- ☐ Serve fresh mango slices and Mango-Habanero Hot Sauce.
- ☐ Sprinkle leaves of cilantro on top.
- ☐ Heat oil in medium saucepan over medium heat.
- ☐ Add onions, garlic, mangoes, habanero and vinegar and cook over low heat for 15 to 20 minutes.
- ☐ Place the mixture in a blender and blend until smooth. If the mixture is too thick, add a few tablespoons of warm water or vinegar. Season with salt.

Nutrition Facts



Properties

Glycemic Index:92.88, Glycemic Load:8.23, Inflammation Score:-9, Nutrition Score:29.303043603897%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 672.82kcal (33.64%), Fat: 42.44g (65.28%), Saturated Fat: 10.68g (66.72%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 28.17g (10.24%), Sugar: 21.43g (23.82%), Cholesterol: 221.48mg (73.83%), Sodium: 2127.16mg (92.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.36g (78.73%), Manganese: 1.69mg (84.29%), Selenium: 46.28µg (66.12%), Vitamin B3: 11.75mg (58.73%), Vitamin C: 47.47mg (57.54%), Vitamin B6: 1.06mg (52.82%), Phosphorus: 421.27mg (42.13%), Vitamin A: 1916.83IU (38.34%), Vitamin B5: 2.61mg (26.08%), Potassium: 873.48mg (24.96%), Vitamin B12: 1.45µg (24.11%), Zinc: 3.42mg (22.83%), Vitamin B2: 0.38mg (22.47%), Magnesium: 83.69mg (20.92%), Fiber: 5.16g (20.65%), Iron: 3.69mg (20.49%), Copper: 0.34mg (17.17%), Vitamin E: 2.51mg (16.73%), Vitamin B1: 0.24mg (16.02%), Vitamin K: 15.99µg (15.23%), Folate: 60.45µg (15.11%), Calcium: 97.18mg (9.72%), Vitamin D: 0.23µg (1.51%)