



## Jerk Smoked Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons thyme leaves dried
- ☐ 3 garlic cloves peeled
- ☐ 0.7 cup green onions sliced
- ☐ 1.5 teaspoons ground allspice
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 limes
- ☐ 1 cranberry-orange relish

- ☐ 0.3 cup habanero pepper sauce
- ☐ 0.5 teaspoon salt
- ☐ 12 inch hickory wood
- ☐ 6 pound broiler-fryers
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## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ kitchen thermometer
- ☐ ziploc bags

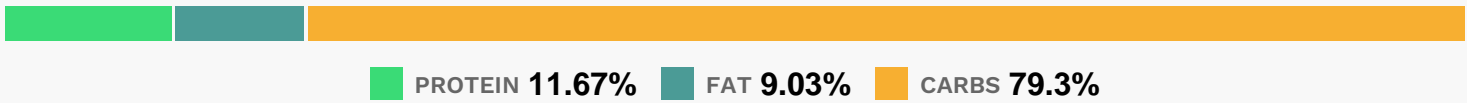
## Directions

- ☐ Squeeze juice from limes and orange; set citrus rinds aside.
- ☐ Combine citrus juice, onions, and next 7 ingredients in a blender or food processor; process until well blended.
- ☐ Remove and discard giblets and neck from chickens. Rinse chickens under cold water, and pat dry. Trim excess fat from chickens. Starting at neck cavities, loosen skin from breasts and drumsticks by gently pushing fingers between skin and meat.
- ☐ Place citrus rinds in body cavities. Lift wing tips up and over backs; tuck under chickens.
- ☐ Place chickens in a large zip-top plastic bag.
- ☐ Pour juice mixture under loosened skin of chickens. Seal bag, and marinate in refrigerator at least 2 hours, turning bag occasionally.
- ☐ Soak hickory chunks in water 30 minutes to 1 hour.
- ☐ Drain well.
- ☐ Prepare charcoal fire in meat smoker; let burn 15 to 20 minutes or until center coals are covered with gray ash.
- ☐ Place soaked hickory chunks on top of coals.
- ☐ Remove chickens from bag, reserving marinade.

- ☐
- Place water pan in smoker; add reserved marinade and hot water to pan to within 1 inch of rim.

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## Nutrition Facts



## Properties

Glycemic Index:38.08, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:7.2321739352268%

## Flavonoids

Hesperetin: 15.55mg, Hesperetin: 15.55mg, Hesperetin: 15.55mg, Hesperetin: 15.55mg Naringenin: 4.1mg, Naringenin: 4.1mg, Naringenin: 4.1mg, Naringenin: 4.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 38.64kcal (1.93%), Fat: 0.47g (0.72%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 7.08g (2.57%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 198.39mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Vitamin C: 35.69mg (43.26%), Vitamin K: 42.35µg (40.33%), Manganese: 0.27mg (13.26%), Iron: 1.79mg (9.93%), Fiber: 2.21g (8.83%), Vitamin A: 307.71IU (6.15%), Calcium: 59.13mg (5.91%), Vitamin B6: 0.11mg (5.29%), Folate: 20.76µg (5.19%), Potassium: 149.4mg (4.27%), Copper: 0.08mg (3.86%), Magnesium: 14.14mg (3.53%), Vitamin B1: 0.05mg (3.2%), Vitamin B2: 0.05mg (2.79%), Phosphorus: 26.5mg (2.65%), Vitamin B3: 0.41mg (2.04%), Vitamin E: 0.3mg (2.03%), Zinc: 0.22mg (1.5%), Vitamin B5: 0.15mg (1.45%)