



Jerk-Style Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 garlic cloves chopped
- ☐ 1 tablespoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 tablespoons jalapeno finely chopped

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 18 ounce chicken breast halves boneless skinless
- ☐ 1 pound chicken thighs boneless skinless

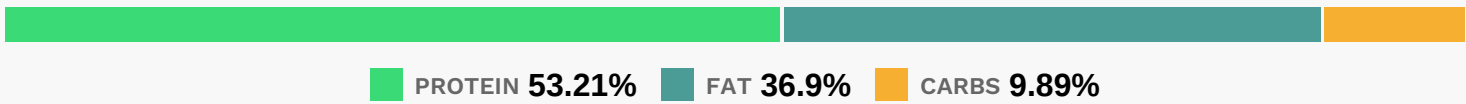
Equipment

- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 12 ingredients in a blender; process until well blended.
- ☐ Pour mixture into a large heavy-duty zip-top plastic bag; add onion and chicken. Seal bag; marinate in refrigerator 1 to 2 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray. Grill chicken, covered, 5 minutes on each side or until done.
- ☐ Garnish with parsley and lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:16.180434887824%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 252.31kcal (12.62%), Fat: 10.19g (15.68%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.86g (3.18%), Cholesterol: 126.25mg (42.08%), Sodium: 556.23mg (24.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.12%), Vitamin B3: 13.22mg (66.08%), Selenium: 44.69µg (63.84%), Vitamin B6: 1.03mg (51.4%), Phosphorus: 330.89mg (33.09%), Vitamin B5: 2.17mg (21.74%), Potassium: 564.75mg (16.14%), Vitamin B2: 0.23mg (13.5%), Zinc: 1.73mg (11.53%), Magnesium: 45.39mg (11.35%), Manganese: 0.22mg (11.09%), Vitamin C: 9.06mg (10.98%), Vitamin B12: 0.65µg (10.9%), Vitamin B1: 0.14mg (9.21%), Vitamin K: 9.28µg (8.84%), Iron: 1.38mg (7.64%), Vitamin E: 1.11mg (7.4%), Copper: 0.09mg (4.73%), Fiber: 0.95g (3.81%), Calcium: 35.49mg (3.55%), Folate: 11.75µg (2.94%), Vitamin A: 90.93IU (1.82%)