



Jerk-Style Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



115 min.

SERVINGS



55

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp firmly brown sugar packed
- 2.5 lb broiler-fryer chicken
- 1 tsp ground cinnamon
- 0.5 tsp ground pepper red (cayenne)
- 1 tsp ground thyme
- 2 Tbsp oil
- 1 env. seasons dressing mix italian good
- 2 Tbsp soya sauce

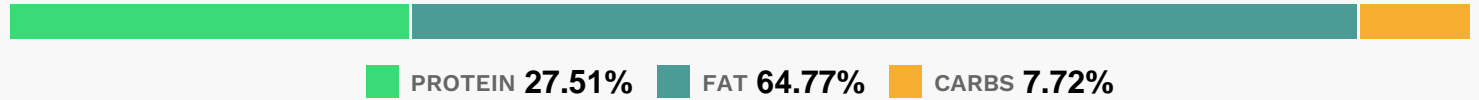
Equipment

grill

Directions

- Mix all ingredients except chicken in large shallow dish until well blended.
- Add chicken; turn over to evenly coat both sides. Cover and refrigerate 1 hour to marinate.
- Drain; discard marinade.
- Preheat greased grill to medium heat. Grill chicken 40 to 45 minutes or until cooked through, turning frequently.

Nutrition Facts



Properties

Glycemic Index:0.95, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.81826086601485%

Nutrients (% of daily need)

Calories: 28.12kcal (1.41%), Fat: 2.01g (3.09%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.44g (0.49%), Cholesterol: 7.42mg (2.47%), Sodium: 45mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin B3: 0.7mg (3.51%), Selenium: 1.44µg (2.06%), Vitamin B6: 0.04mg (1.84%), Phosphorus: 15.55mg (1.55%)