

Lisa's Jerk Chicken



Gluten Free



Dairy Free

READY IN



535 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken breast halves bone-in with skin
- ☐ 2 tablespoons thyme leaves dried
- ☐ 8 cloves garlic chopped
- ☐ 2 tablespoons ground allspice
- ☐ 1 teaspoon ground cinnamon to taste
- ☐ 1 teaspoon ground ginger to taste
- ☐ 1 teaspoon ground nutmeg to taste
- ☐ 2 teaspoons ground pepper black

- ☐ 1 juice of lime juiced
- ☐ 0.5 cup olive oil
- ☐ 3 onions chopped
- ☐ 1 cup orange juice
- ☐ 2 tablespoons salt
- ☐ 6 scotch bonnet chiles chopped (wear gloves)
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons sugar white
- ☐ 1 cup vinegar white

Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Pour orange juice, vinegar, olive oil, soy sauce, and lime juice into a blender; add onions, Scotch bonnet chiles, garlic, sugar, thyme, allspice, salt, black pepper, cinnamon, nutmeg, and ginger. Pulse several times to mix ingredients, then blend until jerk marinade is pureed.
- ☐ Set 1/2 cup marinade aside in a small bowl and refrigerate.
- ☐ Place chicken breasts into a large nonreactive bowl and pour remaining jerk sauce over chicken; stir to coat. Refrigerate chicken in marinade 8 hours to overnight.
- ☐ Preheat grill for medium-low heat and lightly oil the grate.
- ☐ Remove chicken from marinade, discarding used marinade. Cook chicken on the preheated grill until meat is no longer pink inside, the skin is browned, and an instant-read meat thermometer inserted into the thickest part of a breast, not touching bone, reads at least 160 degrees F (70 degrees C), about 30 minutes. Baste chicken with reserved 1/2 cup of marinade as it cooks, turning chicken occasionally.

Nutrition Facts



 **PROTEIN 54.49%**  **FAT 23.96%**  **CARBS 21.55%**

Properties

Glycemic Index:51.39, Glycemic Load:5.45, Inflammation Score:-8, Nutrition Score:23.599999567737%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 293.35kcal (14.67%), Fat: 7.61g (11.71%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 13.29g (4.83%), Sugar: 8.2g (9.11%), Cholesterol: 108.86mg (36.29%), Sodium: 2757.27mg (119.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.93g (77.87%), Vitamin B3: 18.73mg (93.67%), Selenium: 55.7µg (79.57%), Vitamin B6: 1.45mg (72.7%), Vitamin C: 34.54mg (41.87%), Phosphorus: 408.51mg (40.85%), Manganese: 0.56mg (28.16%), Vitamin B5: 2.63mg (26.35%), Potassium: 859.67mg (24.56%), Vitamin K: 21.33µg (20.31%), Magnesium: 66.92mg (16.73%), Iron: 2.76mg (15.36%), Vitamin B2: 0.23mg (13.53%), Vitamin B1: 0.18mg (12.32%), Zinc: 1.3mg (8.68%), Fiber: 2.11g (8.44%), Folate: 32.34µg (8.09%), Copper: 0.15mg (7.33%), Calcium: 68.64mg (6.86%), Vitamin E: 0.88mg (5.87%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 237.3IU (4.75%), Vitamin D: 0.17µg (1.13%)