



Neely's Jerk Chicken

 Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 large garlic cloves chopped
- ☐ 2 teaspoons ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 habanero chile chopped
- ☐ 1 juice of lime juiced

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil plus more for greasing grill grates
- ☐ 1 bunch scallions chopped
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tablespoons soya sauce

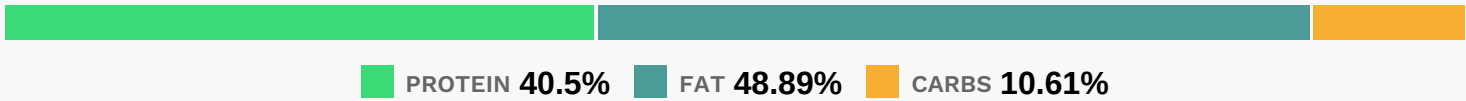
Equipment

- ☐ food processor
- ☐ plastic wrap
- ☐ casserole dish
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Blend all of the marinade ingredients together in a food processor until smooth.
- ☐ Put the chicken in a 13 by 9-inch casserole dish and season it with salt and pepper, to taste. Cover the chicken with the jerk marinade and toss to coat. Cover with plastic wrap and refrigerate for at least 2 hours for the flavors to meld. If you have the time, letting the chicken marinate overnight is best.
- ☐ Preheat grill to medium-high heat. Lightly oil the grates to keep the chicken and marinade from sticking.
- ☐ Remove the chicken from the marinade letting the excess drip off and arrange them on the grill. Cover the grill, and grill until the chicken is fully cooked and the jerk marinade has blackened and caramelized in spots, about 5 minutes on each side.
- ☐ Transfer the chicken to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:14.193478190381%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 251.25kcal (12.56%), Fat: 13.62g (20.96%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.53g (3.92%), Cholesterol: 72.32mg (24.11%), Sodium: 637.47mg (27.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.77%), Vitamin B3: 12.28mg (61.39%), Selenium: 36.69µg (52.41%), Vitamin B6: 0.92mg (45.87%), Phosphorus: 259.15mg (25.92%), Vitamin K: 19.64µg (18.71%), Vitamin B5: 1.68mg (16.85%), Potassium: 500.01mg (14.29%), Vitamin C: 10.23mg (12.41%), Vitamin E: 1.8mg (12.01%), Manganese: 0.22mg (10.75%), Magnesium: 38.89mg (9.72%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.09mg (6.06%), Iron: 1.06mg (5.91%), Zinc: 0.78mg (5.23%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.64%), Fiber: 0.81g (3.25%), Calcium: 31.65mg (3.17%), Vitamin A: 152.04IU (3.04%), Folate: 12.11µg (3.03%)