



Perfect Baked Jerk Chicken

 **Gluten Free**  **Dairy Free**

READY IN



220 min.

SERVINGS



1

CALORIES



1465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 teaspoon brown sugar packed
- 0.3 teaspoon ground pepper
- 0.5 teaspoon garlic dried minced
- 1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg

- 1 teaspoon onion powder
- 1 teaspoon salt to taste
- 0.3 teaspoon thyme leaves dried
- 0.3 cup vegetable oil
- 2 pound chicken whole cut into pieces

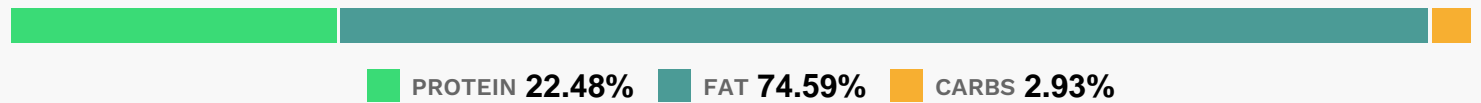
Equipment

- oven
- baking pan

Directions

- Make the jerk rub by combining the salt, allspice, brown sugar, onion powder, garlic, nutmeg, pepper, ginger, cayenne pepper, cinnamon, and thyme. Toss the chicken pieces with the spice mixture, then cover, and marinate in the refrigerator 2 to 4 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Pour the vegetable oil into a 9x13 inch baking dish.
- Place the chicken pieces skin-side up into the baking dish.
- Bake in the preheated oven for 1 hour 20 minutes, until no longer pink near the bone. Turn the oven on to broil, and cook until the skin crisps, 2 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:204, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:35.699565286222%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 1464.68kcal (73.23%), Fat: 120.82g (185.88%), Saturated Fat: 27.46g (171.62%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 8.75g (3.18%), Sugar: 4.44g (4.93%), Cholesterol: 326.59mg (108.86%), Sodium: 2636.19mg (114.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.94g (163.87%), Vitamin B3: 29.87mg (149.37%), Vitamin K: 109.05µg (103.85%), Selenium: 64.14µg (91.63%), Vitamin B6: 1.59mg (79.73%), Phosphorus: 662.88mg (66.29%), Vitamin B5: 4.02mg (40.16%), Zinc: 5.96mg (39.72%), Vitamin E: 5.95mg (39.67%), Manganese: 0.79mg (39.31%), Vitamin B2: 0.54mg (31.69%), Potassium: 932.53mg (26.64%), Iron: 4.78mg (26.53%), Magnesium: 101.16mg (25.29%), Vitamin B12: 1.35µg (22.5%), Vitamin B1: 0.29mg (19.06%), Vitamin A: 860.5IU (17.21%), Copper: 0.28mg (13.91%), Vitamin C: 9.48mg (11.49%), Calcium: 89.93mg (8.99%), Fiber: 1.94g (7.78%), Folate: 30.72µg (7.68%), Vitamin D: 0.87µg (5.81%)