



## Pulled Jerk Chicken Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pounds chicken thighs bone-in
- 1.5 cups cilantro leaves coarsely chopped (1 bunch)
- 0.5 cup blackstrap molasses dark (not blackstrap)
- 4 inch top french
- 3 inch ginger fresh sliced into 1/4-inch coins
- 1 tablespoon thyme sprigs fresh finely chopped
- 5 medium garlic clove smashed
- 2 teaspoons ground allspice

- 1 tablespoon ground cinnamon
- 1.5 teaspoons nutmeg
- 1 scotch bonnet peppers sliced into rounds
- 2 teaspoons kosher salt
- 0.5 cup juice of lemon freshly squeezed
- 0.3 cup orange juice freshly squeezed
- 10 peppercorns
- 3 medium spring onion trimmed thinly sliced
- 0.3 cup soya sauce
- 2 tablespoons vegetable oil
- 0.3 cup vinegar white

## Equipment

- bowl
- frying pan
- whisk
- sieve
- slow cooker
- cutting board

## Directions

- Combine all rub ingredients in a small bowl. Coat the chicken all over with the rub and set aside.
- Heat the oil in a large frying pan over medium-high heat. When it just begins to smoke, place half of the chicken in the pan skin side down and fry both sides until well browned, about 10 minutes total (the chicken will not be cooked all the way through).
- Place in a slow cooker and repeat with the remaining chicken.<sup>2</sup>
- Place all marinade ingredients in a medium nonreactive bowl and whisk to combine.
- Pour over the chicken, cover, and cook on low, turning the chicken pieces every few hours, until the meat is falling off the bone, about 5 to 8 hours.<sup>3</sup>When the chicken is ready, remove

to a cutting board. Strain the sauce through a fine-mesh strainer, pour it back into the slow cooker, and set the cooker to warm.4When the chicken is cool enough to handle, shred it into bite-sized pieces (discarding the skin, fatty pieces, and bones) and place back in the slow cooker with the sauce until ready to serve.5Split the deli rolls in half and toast, then place 1/4 cup of the jerk chicken mixture on each sandwich.

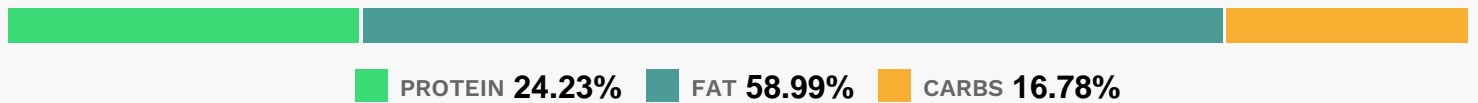
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## Nutrition Facts



## Properties

Glycemic Index:46.88, Glycemic Load:5.74, Inflammation Score:-7, Nutrition Score:13.914782487828%

## Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 364.88kcal (18.24%), Fat: 23.87g (36.73%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 14.35g (5.22%), Sugar: 11.75g (13.06%), Cholesterol: 125.95mg (41.98%), Sodium: 859.6mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.13%), Selenium: 27.15µg (38.79%), Vitamin B3: 6.54mg (32.69%), Vitamin B6: 0.59mg (29.42%), Manganese: 0.47mg (23.71%), Phosphorus: 226.24mg (22.62%), Vitamin K: 21.33µg (20.31%), Magnesium: 67.61mg (16.9%), Potassium: 555.21mg (15.86%), Vitamin B5: 1.5mg (15.05%), Vitamin C: 11.4mg (13.81%), Vitamin B12: 0.82µg (13.71%), Zinc: 1.77mg (11.82%), Vitamin B2: 0.2mg (11.73%), Iron: 2.07mg (11.48%), Copper: 0.18mg (8.83%), Vitamin B1: 0.13mg (8.53%), Vitamin A: 327.22IU (6.54%), Calcium: 61.6mg (6.16%), Vitamin E: 0.57mg (3.82%), Folate: 14.85µg (3.71%), Fiber: 0.92g (3.69%)