



Runaway Bay Jamaican Chicken

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 0.5 cup cilantro leaves chopped
- 1 tablespoon ginger root fresh
- 3 cloves garlic
- 2 teaspoons ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 1 habanero pepper seeded

- 0.3 cup olive oil
- 3 tablespoons orange juice concentrate thawed
- 1 large onion red
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt and pepper to taste
- 6 chicken breast halves boneless skinless
- 1 teaspoon soya sauce

Equipment

- food processor
- grill

Directions

- In a food processor, combine onion, garlic, habanero pepper, and ginger. Pulse until ingredients are minced. Blend in olive oil, brown sugar, vinegar, orange juice concentrate, soy sauce, cinnamon, nutmeg, cloves, cilantro, salt, and pepper. In a container, combine marinade with chicken. Cover, and refrigerate overnight.
- Preheat an outdoor grill for medium heat and lightly oil grate.
- Grill chicken for 10 minutes per side, or until no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:14.237826119299%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 270.41kcal (13.52%), Fat: 12.07g (18.58%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 14.03g (5.1%), Sugar: 12.08g (13.42%), Cholesterol: 72.32mg (24.11%), Sodium: 386.82mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.41%), Vitamin B3: 12mg (60.02%), Selenium: 36.67µg (52.39%), Vitamin B6: 0.93mg (46.29%), Phosphorus: 254.31mg (25.43%), Vitamin C: 16.78mg (20.34%), Vitamin B5: 1.72mg (17.15%), Potassium: 536.21mg (15.32%), Manganese: 0.27mg (13.34%), Vitamin E: 1.63mg (10.87%), Vitamin K: 10.47µg (9.97%), Magnesium: 37.86mg (9.46%), Vitamin B2: 0.14mg (8.15%), Vitamin B1: 0.11mg (7.19%), Zinc: 0.76mg (5.06%), Iron: 0.8mg (4.44%), Folate: 15.54µg (3.88%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.93g (3.71%), Vitamin A: 170.53IU (3.41%), Calcium: 32.69mg (3.27%), Copper: 0.07mg (3.26%)