



Spiced Rum-Sugar Chicken With Mango Mojito Salsa

 Gluten Free

READY IN



405 min.

SERVINGS



4

CALORIES



534 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon allspice (Pimento)
- 0.5 cup little demerara sugar
- 4 large chicken breast boneless
- 1 to 2 chilies slit green seeds removed and sliced very finely
- 50 ml rum dark
- 2 tablespoons mint leaves fresh chopped finely
- 2 garlic clove crushed

- 1 inch ginger finely grated peeled
- 1 teaspoon mace
- 1 lime
- 1 large mangos ripe
- 1 small onion red chopped finely
- 1 tablespoon rum white
- 1 pinch salt
- 2 scotch bonnet peppers chopped finely
- 2 spring onion chopped finely
- 3 tablespoons butter unsalted
- 100 ml water

Equipment

- frying pan
- grill

Directions

- Place all Marinade ingredients in a pan and bring to a gentle simmer.² Simmer 10 minutes, stirring frequently to prevent the sugar from catching then leave to cool completely.³
- Cut three or four deep slashes through the skin side of each chicken breast.
- Pour over marinade, making sure that all the chicken is well coated and that the marinade has penetrated the slashes. Leave for at least 3 hours, or ideally overnight for the flavours to develop.⁴ When nearly ready to cook the chicken, peel the Mango and cut the flesh into ½ inch dice.
- Add the scallions / spring onion.⁵ Grate the lime zest and add to the Mango, along with the chili pepper.⁶ Squeeze lime juice and stir into the salsa with the white rum and mint. Refrigerate for one to two hours for the flavours to develop.⁷ Preheat grill.⁸
- Remove chicken from the marinade, scraping any extra marinade off.⁹
- Place remaining marinade in a pan and heat gently.¹⁰ Grill chicken breasts for 5–7 minutes each side, until cooked through.¹¹

Serve chicken with reserved spiced rum sauce and the Mango Mojito Salsa.

Nutrition Facts

PROTEIN 40.03% **FAT 27.18%** **CARBS 32.79%**

Properties

Glycemic Index:69.44, Glycemic Load:5.04, Inflammation Score:-8, Nutrition Score:27.373478205308%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 533.74kcal (26.69%), Fat: 14.91g (22.94%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 37.63g (13.68%), Sugar: 34.17g (37.96%), Cholesterol: 167.21mg (55.74%), Sodium: 318.04mg (13.83%), Alcohol: 5.49g (100%), Alcohol %: 1.63% (100%), Protein: 49.4g (98.8%), Vitamin B3: 24.17mg (120.85%), Selenium: 73.25µg (104.65%), Vitamin B6: 1.85mg (92.52%), Phosphorus: 506.46mg (50.65%), Vitamin C: 39.77mg (48.21%), Vitamin B5: 3.44mg (34.4%), Potassium: 1058.17mg (30.23%), Vitamin A: 1119.51IU (22.39%), Magnesium: 75.62mg (18.9%), Vitamin B2: 0.28mg (16.54%), Vitamin K: 16.72µg (15.92%), Vitamin B1: 0.19mg (12.85%), Folate: 46.81µg (11.7%), Fiber: 2.84g (11.37%), Manganese: 0.22mg (10.89%), Zinc: 1.55mg (10.35%), Copper: 0.19mg (9.73%), Iron: 1.59mg (8.81%), Vitamin E: 1.25mg (8.36%), Vitamin B12: 0.47µg (7.83%), Calcium: 53.78mg (5.38%), Vitamin D: 0.38µg (2.56%)