



Sunday Supper: Jerk Half-Chickens

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 1 bell pepper hot traditional seeded (depending on how you like it, Scotch bonnets are but long peppers or even jalapenos work in a pinch)
- 2 roasting chickens
- 0.5 teaspoon cinnamon
- 3 large garlic clove peeled
- 1 juice of lime
- 2 large pinches kosher salt
- 0.8 teaspoon nutmeg freshly grated

- 2 large pinches pepper black
- 4 spring onion trimmed
- 2 tablespoons soya sauce
- 1 small bunch thyme leaves
- 3 tablespoons vegetable oil

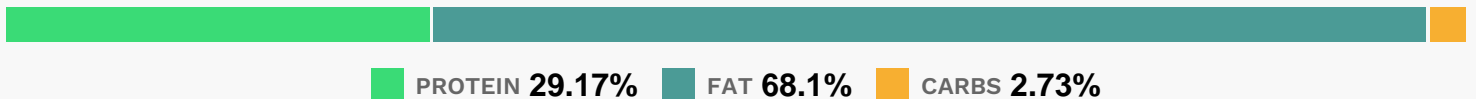
Equipment

- food processor
- oven
- grill

Directions

- Combine allspice, garlic, scallions, hot pepper, lime juice, soy sauce, vegetable oil, salt, black pepper, thyme, nutmeg and cinnamon in a food processor and process until smooth.
- Split chickens in half by cutting along each side of the spine with kitchen shears and removing it, then cutting down the center of the breast.
- Place chicken in large dish and slather with half of jerk seasoning; allow to sit in the fridge overnight.
- The following day, preheat oven to 425°, or preheat an outdoor grill. If using an outdoor grill, use indirect heat to cook the chickens; jerk tends to burn over high heat. If using an oven cook until internal temperature is 160°, about 50 minutes.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:37.46739122142%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 932.05kcal (46.6%), Fat: 69.59g (107.06%), Saturated Fat: 18.54g (115.89%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.59g (1.67%), Sugar: 1.95g (2.16%), Cholesterol: 328.34mg (109.45%), Sodium: 964.36mg (41.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.06g (134.12%), Vitamin B3: 25.32mg (126.62%), Vitamin A: 4328.25IU (86.56%), Vitamin B6: 1.37mg (68.58%), Phosphorus: 661.83mg (66.18%), Vitamin C: 54.31mg (65.84%), Selenium: 44.84µg (64.06%), Vitamin B12: 3.78µg (63%), Vitamin K: 46.04µg (43.84%), Vitamin B2: 0.71mg (41.84%), Vitamin B5: 4.06mg (40.62%), Zinc: 5.12mg (34.15%), Iron: 6.1mg (33.88%), Folate: 124.12µg (31.03%), Potassium: 902.68mg (25.79%), Magnesium: 87.4mg (21.85%), Manganese: 0.39mg (19.68%), Vitamin B1: 0.26mg (17.51%), Copper: 0.29mg (14.27%), Vitamin E: 1.4mg (9.33%), Calcium: 69.48mg (6.95%), Fiber: 1.7g (6.79%)