

Jerk Chicken

Yield: 3 min

Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-summer-rolls-recipe-chicken>

Ingredients:

- 1 yellow onion medium, coarsely chopped
- 1/2 cup scallions chopped
- 2 teaspoons fresh thyme leaves
- 1 teaspoon salt
- 2 teaspoons sugar
- 1 teaspoon Jamaican allspice ground
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 serrano haba ero, or jalape o chile, plus more to taste
- 1 teaspoon ground black pepper freshly
- 3 tablespoons soy sauce or substitute tamari, which is gluten-free
- 1 tablespoon vegetable oil mild
- 1 tablespoon cider vinegar or distilled white vinegar
- 1 1/2 cups jerk marinade
- 4 pounds chicken cut into pieces

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 395 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 123 grams
7. SaturatedFat: 6 grams
8. Sodium: 2140 milligrams
9. Sugar: 5 grams

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