




## JAMAICAN JERK CHICKEN



If you don't already do this, make Sundays slow cooker nights. Mondays have a way of getting super busy and hectic, so taking a few minutes to get dinner in the slow cooker the night before is a way to ensure that you and your family are enjoying a healthy, homemade meal at night! Here's a new and exciting way to cook up chicken in your slow cooker! The Jamaican Jerk Seasoning Blend brings phenomenal flavor to tender, fall-apart chicken breast and thigh. Pair this protein with a dark leafy salad and a piece of baked sweet potato. Enjoy!

-  5 minutes
-  5 hours
-  12 portions

## INGREDIENTS

- 1 tsp, ground of spices, pepper, black [2 g]
- 16 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, raw [452 g]
- 7 thighs without skin of chicken, dark meat, thigh, meat and skin, with added solution, raw [1036 g]
- 1 cup [8 fl oz] of beverages, coffee, brewed, prepared with tap water [237 g]
- 1/4 cup of lime juice, raw [61 g]
- 7 grams of molasses
- 0.15 cups, sliced of peppers, jalapeno, raw [14 g]
- 3 tsps of minced Garlic [12 g]
- 1 tsp of sea salt [4 g]

## COOKING METHOD

1. Combine the seasoning, salt and pepper in a small bowl. Rub the seasoning into all of the chicken pieces. Place, bone side down, in a slow cooker.
2. In a medium bowl combine the coffee, lime juice, molasses, jalapeno and garlic. Add to the slow cooker. Cover and cook on low for 5 hours.
3. Remove chicken from the slow cooker. Remove and discard the bones, and shred the chicken. Return the shredded chicken to the slow cooker, mixing with the sauce. Serve and enjoy!

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [152 g]	% DRI
ENERGY	145 kcal	220 kcal	11 %
FAT	9 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	18 %
CHOLESTEROL	72 mg	110 mg	37 %
SODIUM	106 mg	161 mg	7 %
CARBOHYDRATE	1 g	1 g	0 %
SUGARS	0 g	1 g	—
FIBER	0 g	0 g	0 %
PROTEIN	15 g	23 g	—