

Low-Carb Jerk Chicken

Hands-on 10 minutes Overall 1 hour 15 minutes

Nutritional values (per serving): Total carbs: 5 g, Fiber: 1.1 g, **Net carbs: 3.9 g**,

Protein: 30.4 g, Fat: 29.8 g, Calories: 404 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

3.5 lbs bone-in chicken pieces (1.6 kg) - *will yield about 60% meat*,

960 g/ 2.1 lbs meat

4 large garlic cloves (20 g/ 0.7 oz)

1" piece fresh ginger (10 g/ 0.4 oz)

3 green onions (60 g/ 2.1 oz)

1 habanero pepper (4 g/ 0.1 oz)

2 tbsp ground allspice

1 tsp salt

1 tsp cumin

1/2 tsp ground cloves

1/2 tsp ground nutmeg

1/2 tsp ground cinnamon

1/4 cup lime juice (60 ml/ 2 fl oz)

2 tbsp extra virgin olive oil (30 ml)

lime wedges, for serving

Optional: serve with cauli-rice and grilled low-carb vegetables

wedges and cauli-rice.

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Instructions

1. Place all ingredients except for the chicken and lime wedges in a food processor and blend until smooth.
2. Pat the chicken dry and place in a single layer in a large baking dish. Spread the spice mixture evenly over the chicken. Refrigerate at least 30 minutes but up to overnight.
3. When ready to cook remove the chicken from the refrigerator and either preheat the oven to 175 °C/ 350 °F or preheat your grill or grill pan to medium-high.
4. If baking bake for 1 hour, and then broil for 5-10 minutes to char. If grilling, grill for 45-50 minutes or until the chicken is cooked through (74 °C/ 165 °F) and charred in multiple places. You'll want to flip occasionally. Let rest 10 minutes after cooking. Serve with lime