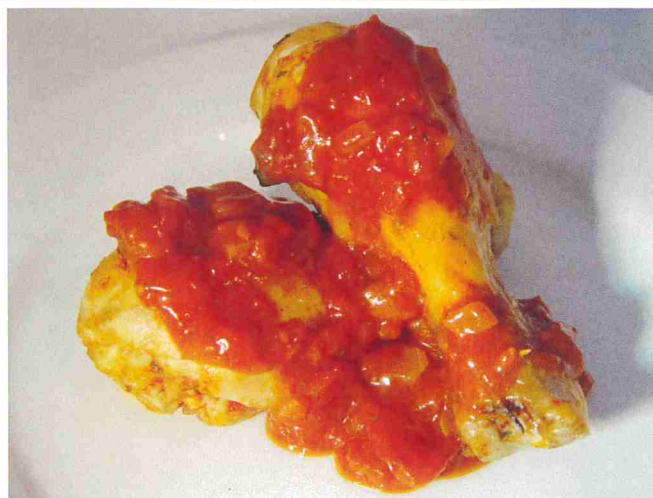


Jerk Chicken



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Chicken Drumstick	150 g	1.5 kg	7.5 kg	15 kg	30 kg
Jerk Seasoning	2 g	20 g	100 g	200 g	400 g

Method

Marinate the chicken in the seasoning for at least overnight.  
Roast at 180c until golden and core temperature exceeds 75c.

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	81.12kcal	112.79kcal
Fat	4.26g	5.92g
Satd FA /100g fd	1.05g	1.46g
Protein	11.59g	16.12g
Vitamin A	58.57µg	81.44µg
Zinc	1.05mg	1.46mg
Iron	1.06mg	1.47mg
Folate	5.59µg	7.77µg
Calcium	15.59mg	21.68mg
Sodium	63.9mg	88.85mg
Salt	0.16g	0.22g



Standard Size: Ptn