



## Apple Butter Marinade for Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SEASONING

MARINADE

### Ingredients

- 0.5 cup musselman's® apple butter
- 0.5 teaspoon ground ginger
- 4 half breasts
- 0.3 cup blackstrap molasses
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

### Equipment

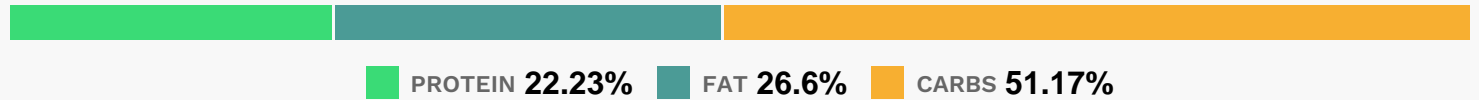
- sauce pan

- oven
- casserole dish

## Directions

- Stir MUSSELMAN'S Apple Butter, molasses, ginger, salt and pepper together. In an 8x8 casserole dish lay chicken in a single layer. Cover with marinade. Refrigerate for 2 hours to overnight.
- Bake dish for 20 minutes at 350 degrees F (occasionally brushing chicken with marinade) then broil for 10 minutes to brown.
- Combine marinade ingredients, then bring to a boil in a saucepan for 10 minutes to reduce.
- Brush on chicken in final minutes of grilling.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:6.94, Inflammation Score:-3, Nutrition Score:9.1700000322383%

## Nutrients (% of daily need)

Calories: 243.59kcal (12.18%), Fat: 7.17g (11.04%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 30.46g (11.08%), Sugar: 28.19g (31.32%), Cholesterol: 69.65mg (23.22%), Sodium: 382.6mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.98%), Manganese: 0.55mg (27.31%), Selenium: 18.72µg (26.75%), Vitamin B6: 0.41mg (20.37%), Vitamin B3: 3.91mg (19.55%), Magnesium: 68.28mg (17.07%), Potassium: 513.44mg (14.67%), Phosphorus: 135.65mg (13.56%), Zinc: 1.55mg (10.31%), Vitamin B5: 0.97mg (9.72%), Iron: 1.64mg (9.14%), Copper: 0.18mg (9%), Vitamin B2: 0.13mg (7.89%), Vitamin B12: 0.42µg (6.94%), Calcium: 56.7mg (5.67%), Vitamin B1: 0.07mg (4.89%), Fiber: 0.6g (2.38%), Vitamin K: 2.42µg (2.3%), Vitamin E: 0.16mg (1.09%)