



Baked Aloha Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce pineapple crushed drained canned (not)
- ☐ 10 chicken leg quarters
- ☐ 0.3 cup corn oil
- ☐ 0.3 cup plus light
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons soya sauce

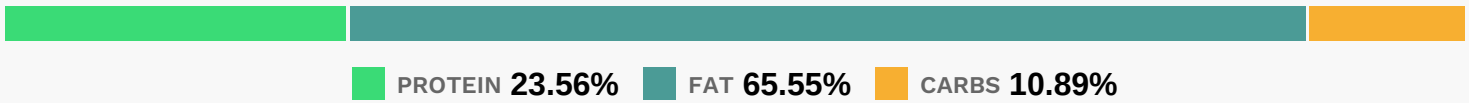
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir together lemon juice, corn syrup, soy sauce, salt, ginger, and corn oil in a bowl until smooth. Stir in the crushed pineapple with its liquid.
- ☐ Place the chicken legs in an ovenproof glass baking dish, and pour sauce over top.
- ☐ Bake in preheated oven for 30 minutes, then turn the chicken over, and continue cooking until the chicken is tender, and no longer pink, about 20 minutes. Baste with sauce frequently while baking.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:10.714782546396%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 407.36kcal (20.37%), Fat: 29.66g (45.64%), Saturated Fat: 6.93g (43.29%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.75g (3.91%), Sugar: 10g (11.11%), Cholesterol: 141.61mg (47.2%), Sodium: 550.5mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.97%), Selenium: 27.24µg (38.91%), Vitamin B3: 6.93mg (34.64%), Vitamin B6: 0.52mg (26.15%), Phosphorus: 235.15mg (23.51%), Vitamin B12: 0.92µg (15.41%), Vitamin B5: 1.49mg (14.9%), Zinc: 1.89mg (12.58%), Vitamin B2: 0.2mg (11.88%), Potassium: 339.06mg (9.69%), Vitamin B1: 0.14mg (9.25%), Magnesium: 32.86mg (8.22%), Vitamin E: 1.15mg (7.65%), Iron: 1.13mg (6.3%), Vitamin C: 4.49mg (5.45%), Vitamin K: 5.56µg (5.29%), Copper: 0.1mg (5.21%), Manganese: 0.06mg (2.95%), Vitamin A: 124.43IU (2.49%), Folate: 7.34µg (1.84%), Calcium: 17.58mg (1.76%), Fiber: 0.35g (1.4%)