



## Baked BBQ Chicken Thighs

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup apricot preserves
- 0.3 cup original barbecue sauce kraft
- 0.5 tsp garlic powder
- 1 small onion finely chopped
- 1 lb chicken thighs boneless skinless

### Equipment

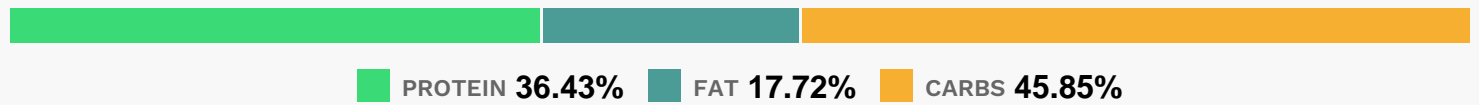
- bowl
- oven

baking pan

## Directions

- Heat oven to 375F.
- Mix first 3 ingredients in large bowl until blended. Stir in onions.
- Add chicken; turn to evenly coat.
- Place chicken in single layer in 8-inch square baking dish; cover with sauce.
- Bake 25 to 30 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:0.8, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.0221739067979%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 24.55kcal (1.23%), Fat: 0.49g (0.75%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.95g (2.17%), Cholesterol: 10.77mg (3.59%), Sodium: 29.78mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Selenium: 2.66µg (3.8%), Vitamin B3: 0.65mg (3.24%), Vitamin B6: 0.06mg (2.76%), Phosphorus: 22.32mg (2.23%), Vitamin B5: 0.14mg (1.42%), Vitamin B2: 0.02mg (1.31%), Zinc: 0.18mg (1.21%), Vitamin B12: 0.07µg (1.21%), Potassium: 37.22mg (1.06%)