



Baked Curry-Glazed Chicken

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup honey
- ☐ 1 teaspoon salt
- ☐ 3.5 lb meat from a rotisserie chicken whole
- ☐ 0.3 cup mustard yellow

Equipment

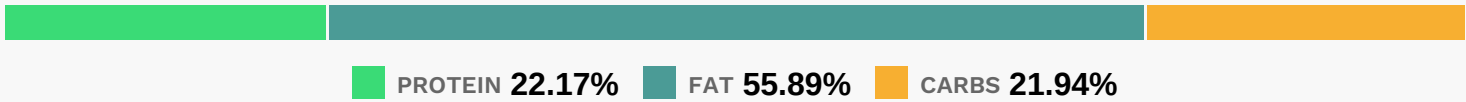
- ☐ frying pan

☐ oven

Directions

- ☐ Stir together first 5 ingredients in a shallow dish until blended. Dip chicken in honey mixture, 1 piece at a time, thoroughly coating all sides. Arrange chicken, skin side up, in a single layer in a 15- x 10-inch jelly-roll pan; pour remaining honey mixture over chicken.
- ☐ Bake at 375 for 1 hour to 1 hour and 10 minutes or until done.
- ☐ *4 skinned and boned chicken breasts and 4 skinned and boned chicken thighs may be substituted for cut-up whole chicken. Proceed as directed, decreasing bake time to 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:12.18, Inflammation Score:-3, Nutrition Score:9.9343477643054%

Nutrients (% of daily need)

Calories: 434.17kcal (21.71%), Fat: 27.19g (41.84%), Saturated Fat: 10.37g (64.81%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 23.41g (8.51%), Sugar: 23.36g (25.95%), Cholesterol: 115.59mg (38.53%), Sodium: 652.73mg (28.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Vitamin B3: 8.75mg (43.73%), Selenium: 22.19µg (31.71%), Vitamin B6: 0.46mg (23.13%), Phosphorus: 202.47mg (20.25%), Vitamin B5: 1.22mg (12.16%), Zinc: 1.82mg (12.1%), Vitamin B2: 0.17mg (10.24%), Iron: 1.53mg (8.5%), Vitamin A: 424.82IU (8.5%), Magnesium: 31.99mg (8%), Potassium: 277.79mg (7.94%), Vitamin B12: 0.41µg (6.83%), Vitamin B1: 0.1mg (6.48%), Manganese: 0.11mg (5.26%), Vitamin E: 0.71mg (4.73%), Copper: 0.08mg (4.09%), Vitamin K: 3.06µg (2.91%), Vitamin C: 2.25mg (2.73%), Calcium: 26.31mg (2.63%), Fiber: 0.61g (2.45%), Folate: 9.71µg (2.43%), Vitamin D: 0.25µg (1.69%)