



Baked Guava Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken drummettes
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons ground allspice
- ☐ 12 ounce guava jam
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup soya sauce

☐ 1 cup water

Equipment

☐ sauce pan

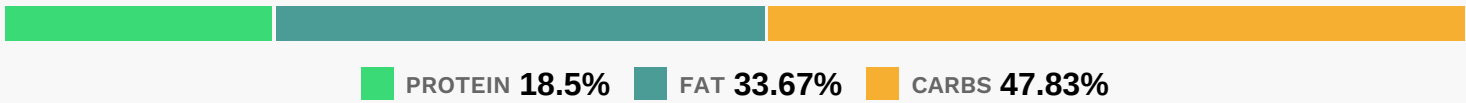
☐ oven

☐ roasting pan

Directions

- ☐ Combine guava jam, lemon juice, soy sauce, allspice, salt, and pepper in a saucepan over medium heat. Cook until jam melts and mixture is blended.
- ☐ Stir together water and cornstarch; stir into guava mixture. Bring to a boil, and boil 1 minute until thickened.
- ☐ Remove from heat, and cool.
- ☐ Place chicken in a large zip-top bag; pour 1/4 cup sauce over chicken, tossing to coat. Cover and chill 1 hour or overnight.
- ☐ Place chicken in a large roasting pan.
- ☐ Bake at 350 for 30 minutes; drain liquid.
- ☐ Pour remaining sauce over chicken.
- ☐ Bake 15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:21.28, Inflammation Score:-2, Nutrition Score:7.2021739197814%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 354.17kcal (17.71%), Fat: 13.18g (20.27%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 41.18g (14.97%), Sugar: 27.92g (31.02%), Cholesterol: 62.87mg (20.96%), Sodium: 1008.05mg (43.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Vitamin B3: 5.27mg (26.35%), Selenium: 13.94µg (19.92%), Vitamin B6: 0.32mg (16.15%), Phosphorus: 133.12mg (13.31%), Vitamin C: 9.76mg (11.83%), Zinc: 1.18mg (7.87%), Vitamin B2: 0.13mg (7.76%), Iron: 1.36mg (7.58%), Vitamin B5: 0.69mg (6.89%), Manganese: 0.13mg (6.47%), Potassium: 211.29mg (6.04%), Copper: 0.12mg (5.9%), Magnesium: 23.07mg (5.77%), Vitamin B12: 0.26µg (4.35%), Vitamin B1: 0.06mg (3.82%), Fiber: 0.93g (3.72%), Folate: 13.54µg (3.39%), Calcium: 30.28mg (3.03%), Vitamin A: 125.14IU (2.5%), Vitamin E: 0.33mg (2.2%)