



Baked Mouth-Watering Barbecued Chicken

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup butter
- ☐ 3 lb chicken whole
- ☐ 1 cup tomato sauce
- ☐ 0.5 cup water hot

- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon worcestershire sauce
- ☐ 0.5 cup onion finely chopped

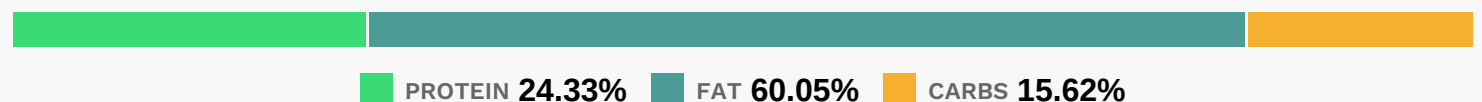
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 425°F.
- ☐ Mix flour, salt, paprika and pepper.
- ☐ Sprinkle both sides of chicken with flour mixture.
- ☐ Melt butter in 13x9-inch (3-quart) glass baking dish in oven.
- ☐ Place chicken, skin sides down, in dish.
- ☐ Bake 45 minutes.
- ☐ Meanwhile, in 1-quart saucepan, heat all barbecue sauce ingredients to boiling, stirring occasionally. Keep warm.
- ☐ Drain and turn chicken; reduce oven temperature to 375°F. Spoon hot barbecue sauce over chicken.
- ☐ Bake 15 minutes longer or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks).

Nutrition Facts



Properties

Glycemic Index:51.85, Glycemic Load:7.25, Inflammation Score:-7, Nutrition Score:12.627391379812%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 366.29kcal (18.31%), Fat: 24.42g (37.57%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 12.72g (4.62%), Sugar: 3.44g (3.82%), Cholesterol: 81.65mg (27.22%), Sodium: 1173.54mg (51.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.52%), Vitamin B3: 8.58mg (42.88%), Selenium: 19.63µg (28.04%), Vitamin B6: 0.47mg (23.54%), Vitamin A: 1164.77IU (23.3%), Phosphorus: 194.66mg (19.47%), Vitamin B2: 0.23mg (13.78%), Vitamin C: 11.23mg (13.61%), Iron: 2.29mg (12.7%), Vitamin B5: 1.23mg (12.33%), Potassium: 424.53mg (12.13%), Vitamin B1: 0.17mg (11.52%), Zinc: 1.67mg (11.16%), Vitamin E: 1.53mg (10.22%), Manganese: 0.2mg (10.2%), Magnesium: 35.41mg (8.85%), Folate: 35.37µg (8.84%), Copper: 0.14mg (7.08%), Fiber: 1.57g (6.29%), Vitamin B12: 0.35µg (5.78%), Vitamin K: 4.1µg (3.91%), Calcium: 33.48mg (3.35%), Vitamin D: 0.22µg (1.45%)