



Best Cranberry Chicken

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 3 pounds chicken thighs
- ☐ 0.7 cup catsup
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 small onion chopped
- ☐ 8 ounce berry cranberry sauce whole canned

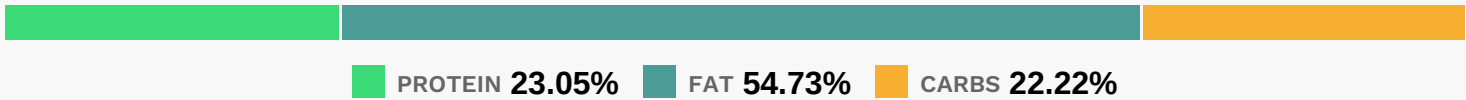
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Place the butter and onion in a 9x13 inch baking dish, and bake in the preheated oven, stirring occasionally, until the onion is translucent, about 15 minutes.
- ☐ Remove the dish from the oven, push the onion over to one end, and place the chicken thighs in the dish in a single layer. Return to the oven and bake for about 25 minutes.
- ☐ Stir together the ketchup, brown sugar, vinegar, mustard powder, and cranberry sauce in a bowl.
- ☐ Remove the chicken from the oven, and scoop the cooked onions into the cranberry mixture. Spoon the mixture over the chicken thighs, and return to the oven.
- ☐ Bake until the cranberry mixture is slightly caramelized and the chicken is done, about 20 more minutes. An instant-read thermometer inserted near the center should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:8.4499999595725%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 326.89kcal (16.34%), Fat: 19.89g (30.6%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.8g (6.47%), Sugar: 15.04g (16.71%), Cholesterol: 113.64mg (37.88%), Sodium: 218.73mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.7%), Selenium: 21.84µg (31.2%), Vitamin B3: 5.5mg (27.49%), Vitamin B6: 0.42mg (21.14%), Phosphorus: 187.09mg (18.71%), Vitamin B12: 0.73µg (12.13%), Vitamin B5: 1.18mg (11.76%), Vitamin B2: 0.18mg (10.48%), Zinc: 1.47mg (9.79%), Potassium: 294.29mg (8.41%), Magnesium: 25.49mg (6.37%), Vitamin B1: 0.09mg (6.15%), Iron: 0.96mg (5.32%), Vitamin E: 0.65mg (4.3%), Copper: 0.08mg (4.02%), Vitamin A: 194.11IU (3.88%), Manganese: 0.06mg (3.07%), Vitamin K: 3.16µg (3.01%), Calcium: 18.86mg (1.89%), Folate: 6.27µg (1.57%), Fiber: 0.37g (1.47%), Vitamin C: 1.18mg (1.43%)