



Best Oven Baked Chicken

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon flour all-purpose
- 0.5 teaspoon garlic powder
- 0.1 teaspoon ground pepper black
- 1 tablespoon honey to taste
- 0.5 cup catsup
- 0.3 cup soya sauce low sodium
- 1 tablespoon olive oil extra-virgin
- 1 large onion halved sliced

- 0.1 teaspoon poultry seasoning
- 0.5 cup water
- 4 pound meat from a rotisserie chicken whole
- 2 tablespoons worcestershire sauce

Equipment

- oven
- dutch oven

Directions

- Stir water, ketchup, onion, soy sauce, Worcestershire sauce, olive oil, honey, flour, garlic powder, black pepper, and poultry seasoning together in an oven-safe Dutch oven. Simmer over medium heat, stirring occasionally, until flavors blend, 5 minutes. Cool for 10 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- Place chicken in Dutch oven and turn to coat in ketchup mixture. Spoon 1/4 the mixture and onions into the chicken cavity.
- Place chicken breast side down into Dutch oven; cover with an oven-proof lid.
- Bake chicken in the preheated oven, basting once, for 45 minutes. Uncover the Dutch oven and increase heat to 400 degrees F (200 degrees C).
- Turn chicken breast side up and bake until chicken has browned, about 15 more minutes.
- Let chicken stand for about 10 minutes before serving.

Nutrition Facts



PROTEIN 29.56% **FAT 56.43%** **CARBS 14.01%**

Properties

Glycemic Index:31.88, Glycemic Load:2.72, Inflammation Score:-4, Nutrition Score:12.333478378213%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.25mg,

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Nutrients (% of daily need)

Calories: 389.57kcal (19.48%), Fat: 24.29g (37.37%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 12.93g (4.7%), Sugar: 8.82g (9.8%), Cholesterol: 108.86mg (36.29%), Sodium: 741.54mg (32.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.26%), Vitamin B3: 10.43mg (52.15%), Selenium: 21.76µg (31.09%), Vitamin B6: 0.59mg (29.64%), Phosphorus: 249.52mg (24.95%), Vitamin B2: 0.25mg (15%), Vitamin B5: 1.41mg (14.05%), Zinc: 2.1mg (14%), Potassium: 456.77mg (13.05%), Iron: 1.99mg (11.06%), Magnesium: 43.1mg (10.77%), Vitamin B1: 0.12mg (8%), Vitamin B12: 0.45µg (7.5%), Vitamin E: 1.12mg (7.47%), Manganese: 0.15mg (7.33%), Vitamin C: 5.75mg (6.98%), Vitamin A: 312.11IU (6.24%), Copper: 0.12mg (6.07%), Folate: 22.93µg (5.73%), Vitamin K: 4.75µg (4.52%), Calcium: 35.78mg (3.58%), Fiber: 0.64g (2.55%), Vitamin D: 0.29µg (1.94%)