



WHATSheATE



Caramelized Chipotle Chicken



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



1009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chipotle chiles in adobo canned chopped (from a 7-ounce can)
- ☐ 7 pounds chickens whole cut into 8 pieces
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 tablespoons brown sugar dark packed
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup garlic cloves thinly sliced
- ☐ 1 cup catsup

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 cups onions chopped
- ☐ 1 tablespoon worcestershire sauce

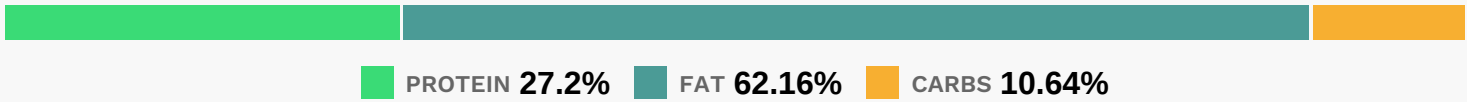
Equipment

- ☐ frying pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Cook garlic, stirring constantly, until golden, then transfer with a slotted spoon to a plate. Reduce heat to medium and cook onions, stirring occasionally, until golden-brown, about 15 minutes.
- ☐ Add garlic and remaining ingredients, except chicken, to skillet with 1 teaspoon salt and 1/2 teaspoon pepper and simmer, stirring occasionally, until sauce is slightly thickened, about 25 minutes.
- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Coat chicken with half of sauce, then roast, skin side up, in a 17-by 11-inch heavy 4-sided sheet pan 25 minutes.
- ☐ Remove from oven and brush with remaining sauce, then continue roasting until chicken is cooked through and well browned in spots, 20 to 25 minutes more.
- ☐ Sauce can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:34.997825829879%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg,

Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg
Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 11.37mg, Quercetin: 11.37mg,
Quercetin: 11.37mg, Quercetin: 11.37mg

Nutrients (% of daily need)

Calories: 1009.48kcal (50.47%), Fat: 69.04g (106.22%), Saturated Fat: 18.33g (114.56%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 24.04g (8.74%), Sugar: 15.81g (17.57%), Cholesterol: 332.23mg (110.74%), Sodium: 726.91mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.97g (135.94%), Vitamin B3: 25.6mg (127.98%), Vitamin B6: 1.51mg (75.46%), Selenium: 48.74µg (69.63%), Vitamin A: 3470.65IU (69.41%), Phosphorus: 688.38mg (68.84%), Vitamin B12: 3.82µg (63.74%), Vitamin B2: 0.76mg (44.76%), Vitamin B5: 4.11mg (41.09%), Zinc: 5.28mg (35.19%), Iron: 6.31mg (35.03%), Potassium: 1032.82mg (29.51%), Folate: 115.14µg (28.79%), Manganese: 0.47mg (23.36%), Vitamin C: 18.79mg (22.77%), Magnesium: 90.24mg (22.56%), Vitamin B1: 0.29mg (19.4%), Copper: 0.33mg (16.63%), Vitamin E: 1.92mg (12.82%), Fiber: 2.55g (10.22%), Calcium: 89.02mg (8.9%), Vitamin K: 7.18µg (6.84%)