



## Chicken Boston

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



1099 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup pineapple-apricot preserves
- 1 meat from a rotisserie chicken whole dry washed and patted cut into 8 pieces,
- 0.5 teaspoon cinnamon
- 1 ounce onion soup mix dry
- 0.3 cup onion grated
- 4 large potatoes peeled halved lengthwise
- 1 cup thousand island salad dressing

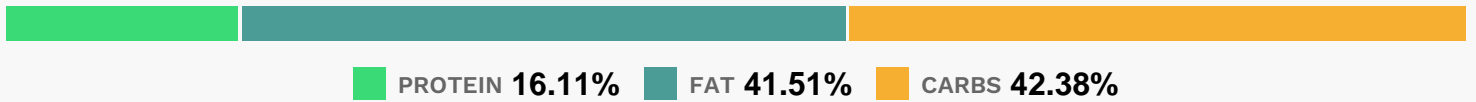
## Equipment

- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 300 degrees F (150 degrees C).
- In a bowl, stir together the thousand island salad dressing, pineapple-apricot preserves, grated onion, dry onion soup mix, and cinnamon until well blended.
- Place chicken in a large, oiled baking dish. Arrange potato halves around the edges of the pan, fitting chicken and potatoes tightly together in a single layer.
- Brush sauce over chicken, coating completely. Cover with aluminum foil.
- Bake in the preheated oven for 40 minutes. Increase oven temperature to 375 degrees F (190 degrees C) and remove foil. Continue baking 15 minutes more, or until potatoes are fork-tender and chicken is no longer pink in center. Both should have a beautiful golden brown glaze.

## Nutrition Facts



## Properties

Glycemic Index:28.94, Glycemic Load:47.4, Inflammation Score:-8, Nutrition Score:38.960434830707%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

## Nutrients (% of daily need)

Calories: 1098.97kcal (54.95%), Fat: 51.11g (78.62%), Saturated Fat: 11.5g (71.89%), Carbohydrates: 117.43g (39.14%), Net Carbohydrates: 107.86g (39.22%), Sugar: 38.81g (43.12%), Cholesterol: 159.08mg (53.03%), Sodium: 1349.97mg (58.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.62g (89.24%), Vitamin C: 81.94mg (99.32%), Vitamin B6: 1.82mg (91.03%), Vitamin B1: 1.33mg (88.93%), Vitamin B3: 17.24mg (86.21%), Potassium: 2092.62mg

(59.79%), Phosphorus: 526.94mg (52.69%), Vitamin K: 53.27µg (50.74%), Selenium: 31.06µg (44.38%), Fiber: 9.57g (38.26%), Manganese: 0.75mg (37.66%), Magnesium: 135.73mg (33.93%), Iron: 5.75mg (31.94%), Vitamin B5: 2.91mg (29.11%), Copper: 0.58mg (28.94%), Zinc: 3.86mg (25.76%), Vitamin B2: 0.42mg (24.59%), Vitamin E: 3.2mg (21.35%), Folate: 72.97µg (18.24%), Vitamin A: 529.12IU (10.58%), Calcium: 102.62mg (10.26%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)