



## Chicken Easy Delight

 Gluten Free

READY IN



80 min.

SERVINGS



5

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup butter
- ☐ 0.5 cup honey
- ☐ 0.3 cup maple syrup
- ☐ 1 teaspoon mustard prepared
- ☐ 1 tablespoon peanuts chopped
- ☐ 0.5 cup raisins
- ☐ 3 pound meat from a rotisserie chicken whole

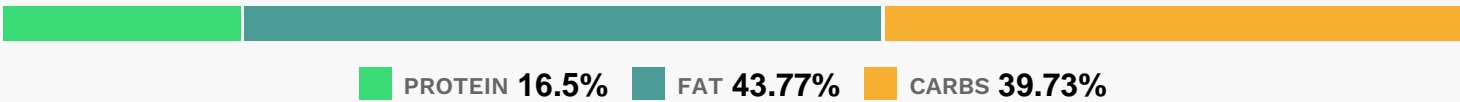
## Equipment

- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium saucepan over low heat combine the raisins, peanuts, honey, mustard, syrup and butter; stir all together until a medium thick glaze has formed, then leave on burner to cook slowly. Stir occasionally to keep from burning.
- ☐ Bake hen at 375 degrees F (190 degrees C) for about 1 hour or until bird is cooked through and juices run clear. Baste hen thoroughly with prepared glaze every 10 to 15 minutes while baking; when hen is cooked through and ready to serve, garnish with orange zest.

## Nutrition Facts



## Properties

Glycemic Index:48.76, Glycemic Load:25.98, Inflammation Score:-4, Nutrition Score:13.092608659164%

## Nutrients (% of daily need)

Calories: 605.55kcal (30.28%), Fat: 29.98g (46.13%), Saturated Fat: 11.65g (72.78%), Carbohydrates: 61.22g (20.41%), Net Carbohydrates: 59.93g (21.79%), Sugar: 47.7g (53%), Cholesterol: 122.38mg (40.79%), Sodium: 185.23mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.87%), Vitamin B3: 9.44mg (47.21%), Manganese: 0.65mg (32.3%), Selenium: 19.85µg (28.36%), Vitamin B2: 0.48mg (27.99%), Vitamin B6: 0.5mg (25.18%), Phosphorus: 216.12mg (21.61%), Zinc: 2.02mg (13.49%), Potassium: 461.13mg (13.18%), Vitamin B5: 1.28mg (12.79%), Iron: 1.86mg (10.36%), Magnesium: 40.78mg (10.19%), Vitamin A: 467.23IU (9.34%), Vitamin B1: 0.12mg (8.32%), Vitamin B12: 0.42µg (7.07%), Copper: 0.14mg (7.04%), Calcium: 55.31mg (5.53%), Fiber: 1.29g (5.15%), Vitamin E: 0.66mg (4.39%), Vitamin C: 3.05mg (3.69%), Folate: 14.23µg (3.56%), Vitamin K: 2.77µg (2.64%), Vitamin D: 0.26µg (1.74%)