



Chicken with Plum Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ginger root fresh minced
- ☐ 1.5 teaspoons ground pepper black
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.7 cup plum jam
- ☐ 2.5 pound meat from a rotisserie chicken whole cut into pieces

Equipment

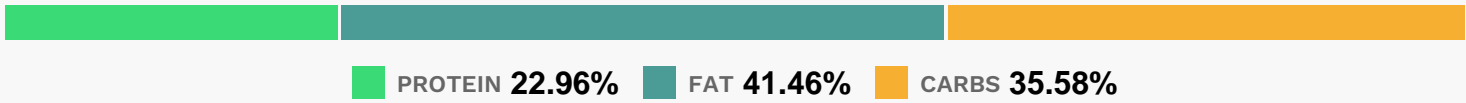
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray.
- ☐ Season the chicken pieces with salt and pepper to taste and place skin-side-up onto the prepared baking sheet.
- ☐ Bake in the preheated oven for 20 minutes.
- ☐ While the chicken is baking, stir together the plum jam, 1 1/2 teaspoons pepper, ginger, and horseradish in a small bowl. After the chicken has baked 20 minutes, brush with the plum glaze and return to the oven.
- ☐ Continue baking until no longer pink at the bone and the juices run clear, 20 to 30 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:21.25, Inflammation Score:-2, Nutrition Score:10.588260857955%

Nutrients (% of daily need)

Calories: 452.83kcal (22.64%), Fat: 20.57g (31.64%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 38.87g (14.13%), Sugar: 27.5g (30.56%), Cholesterol: 102.06mg (34.02%), Sodium: 113.66mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.24%), Vitamin B3: 9.29mg (46.45%), Selenium: 20.78µg (29.68%), Vitamin B6: 0.49mg (24.56%), Phosphorus: 212.4mg (21.24%), Vitamin B5: 1.26mg (12.63%), Vitamin B2: 0.21mg (12.24%), Zinc: 1.83mg (12.2%), Potassium: 315.23mg (9.01%), Iron: 1.59mg (8.83%), Vitamin C: 7.2mg (8.73%), Manganese: 0.16mg (7.93%), Magnesium: 31.26mg (7.81%), Vitamin B12: 0.42µg (7.03%), Copper: 0.14mg (6.75%), Vitamin B1: 0.09mg (6.12%), Vitamin A: 195.16IU (3.9%), Folate: 14.63µg (3.66%), Fiber: 0.85g (3.41%), Vitamin K: 3.43µg (3.27%), Vitamin E: 0.49mg (3.25%), Calcium: 30.19mg (3.02%), Vitamin D: 0.27µg (1.81%)