



Chutney Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 12 chicken thighs
- 1 ounce onion soup mix dry
- 12 ounce chutney hot

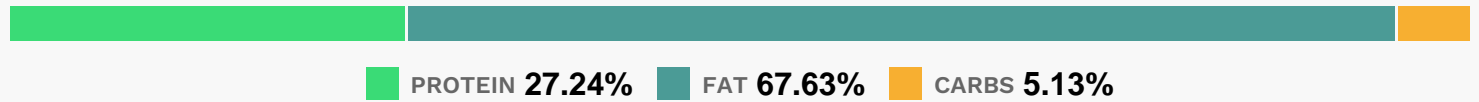
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, combine chutney and dry soup mix.
- Mix together. Season chicken pieces with salt and pepper to taste.
- Place seasoned chicken pieces in a 9x13 inch baking dish and pour chutney mixture over chicken.
- Bake in the preheated oven for 45 to 60 minutes, or until chutney sauce has turned brown and crunchy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:16.814782692038%

Nutrients (% of daily need)

Calories: 558.82kcal (27.94%), Fat: 40.89g (62.91%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.22g (0.24%), Cholesterol: 221.48mg (73.83%), Sodium: 1420.64mg (61.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.06g (74.11%), Selenium: 42.5µg (60.71%), Vitamin B3: 10.56mg (52.82%), Vitamin B6: 0.8mg (40.13%), Phosphorus: 367.05mg (36.7%), Vitamin A: 1509.42IU (30.19%), Vitamin B12: 1.45µg (24.11%), Vitamin B5: 2.34mg (23.37%), Zinc: 2.88mg (19.19%), Vitamin B2: 0.31mg (18.31%), Potassium: 497.37mg (14.21%), Vitamin B1: 0.18mg (12.03%), Magnesium: 45.78mg (11.44%), Vitamin C: 8.33mg (10.09%), Iron: 1.57mg (8.74%), Copper: 0.13mg (6.6%), Vitamin K: 4.81µg (4.58%), Manganese: 0.07mg (3.38%), Vitamin E: 0.48mg (3.2%), Calcium: 24.84mg (2.48%), Folate: 6.78µg (1.7%), Vitamin D: 0.23µg (1.51%), Fiber: 0.31g (1.25%)