



## Cranberry BBQ Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup barbecue sauce
- 2 tablespoons butter
- 0.5 cup celery chopped
- 0.3 teaspoon ground pepper black
- 1 onion chopped
- 0.5 teaspoon salt
- 2 pound meat from a rotisserie chicken whole cut into pieces
- 16 ounce cranberry sauce whole canned

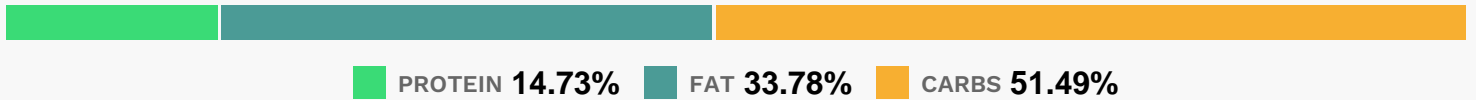
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet brown the chicken in butter/margarine. Season with salt and pepper.
- Remove from skillet and place in a lightly greased 9x13 inch baking dish.
- In the drippings (in the skillet), saute onion and celery until tender.
- Add cranberry sauce and barbecue sauce.
- Mix well.
- Pour cranberry mixture over chicken and bake in the preheated oven for 90 minutes, basting every 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:7.9734782965287%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

## Nutrients (% of daily need)

Calories: 400.41kcal (20.02%), Fat: 15.16g (23.33%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 50.28g (18.28%), Sugar: 40.76g (45.29%), Cholesterol: 64.46mg (21.49%), Sodium: 776.83mg (33.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Vitamin B3: 5.35mg (26.74%), Selenium: 11.55µg (16.5%), Vitamin B6: 0.33mg (16.45%), Phosphorus: 127.83mg (12.78%), Vitamin E: 1.44mg (9.58%), Potassium: 319.84mg (9.14%), Vitamin B2: 0.14mg (8.3%), Manganese: 0.16mg (8.13%), Vitamin A: 395.36IU (7.91%), Vitamin B5: 0.79mg (7.88%), Iron: 1.33mg (7.41%), Zinc: 1.1mg (7.35%), Fiber: 1.73g (6.91%), Magnesium: 25.22mg (6.31%), Vitamin K: 6.01µg (5.72%), Vitamin B1: 0.08mg (5.09%), Copper: 0.1mg (5.01%), Vitamin C: 3.82mg (4.63%), Vitamin B12: 0.23µg (3.88%), Calcium: 35.17mg (3.52%), Folate: 12.73µg (3.18%)