



Embarrassingly Easy Barbecue Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 fluid ounce cola-flavored carbonated beverage canned
- ☐ 14 ounces catsup
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

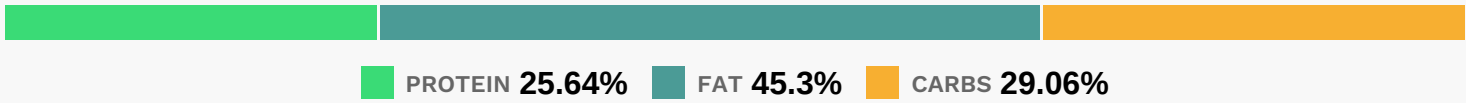
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix the cola and ketchup in a 9x13 inch baking dish.
- ☐ Add the chicken pieces, turning to coat well.
- ☐ Bake skin side down for 30 minutes. Turn and bake for an additional 30 minutes.
- ☐ Let cool for 10 minutes and serve!

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:5.34, Inflammation Score:-6, Nutrition Score:14.56521729801%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 484.12kcal (24.21%), Fat: 24.71g (38.01%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 35.37g (12.86%), Sugar: 29.09g (32.32%), Cholesterol: 122.47mg (40.82%), Sodium: 1017.81mg (44.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.1mg (2.37%), Protein: 31.47g (62.93%), Vitamin B3: 12.52mg (62.62%), Vitamin B6: 0.73mg (36.41%), Selenium: 24.3µg (34.71%), Phosphorus: 274.71mg (27.47%), Vitamin B2: 0.36mg (21.22%), Potassium: 589.22mg (16.83%), Zinc: 2.33mg (15.5%), Vitamin B5: 1.53mg (15.33%), Vitamin A: 737.63IU (14.75%), Vitamin E: 1.94mg (12.92%), Magnesium: 45.56mg (11.39%), Iron: 1.91mg (10.64%), Vitamin B12: 0.51µg (8.44%), Copper: 0.16mg (8.18%), Vitamin C: 6.68mg (8.1%), Vitamin B1: 0.11mg (7.26%), Manganese: 0.13mg (6.55%), Vitamin K: 5.43µg (5.17%), Folate: 18.73µg (4.68%), Calcium: 34.62mg (3.46%), Vitamin D: 0.33µg (2.18%), Fiber: 0.3g (1.19%)