



Curried Honey Mustard Chicken

 Gluten Free

READY IN



270 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 4 teaspoons curry powder
- 1 pinch ground pepper
- 0.3 cup honey
- 0.3 cup mustard dijon-style prepared
- 4 chicken breast boneless skinless

Equipment

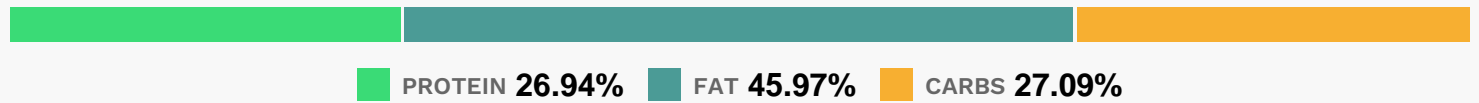
- bowl

- oven
- baking pan

Directions

- In a medium bowl combine the melted butter/margarine, honey, mustard, curry powder and cayenne powder.
- Mix well.
- Place chicken breasts in a 9x13 inch baking dish and pour honey/mustard mixture over chicken. Cover and place in refrigerator. Marinate for at least 4 hours or overnight.
- Preheat oven to 375 degrees F (190 degrees C).
- Remove dish from refrigerator and bake, covered, in the preheated oven for 10 minutes.
- Remove cover and bake about 10 minutes more, or until done and juices run clear (baking time will depend a little on how thick your chicken breasts are).

Nutrition Facts



Properties

Glycemic Index:42.82, Glycemic Load:12.22, Inflammation Score:-5, Nutrition Score:13.75347826087%

Nutrients (% of daily need)

Calories: 366.41kcal (18.32%), Fat: 19.07g (29.35%), Saturated Fat: 10.45g (65.3%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 23.89g (8.69%), Sugar: 23.48g (26.09%), Cholesterol: 112.99mg (37.66%), Sodium: 426.08mg (18.53%), Protein: 25.15g (50.31%), Selenium: 42.21µg (60.3%), Vitamin B3: 11.99mg (59.93%), Vitamin B6: 0.89mg (44.4%), Phosphorus: 266.83mg (26.68%), Vitamin B5: 1.7mg (16.97%), Potassium: 492.04mg (14.06%), Vitamin A: 547.8IU (10.96%), Magnesium: 42.91mg (10.73%), Manganese: 0.19mg (9.54%), Vitamin B2: 0.15mg (8.61%), Vitamin E: 1.16mg (7.7%), Iron: 1.38mg (7.68%), Vitamin B1: 0.11mg (7.19%), Zinc: 0.92mg (6.11%), Fiber: 1.4g (5.59%), Vitamin B12: 0.26µg (4.3%), Vitamin K: 3.8µg (3.62%), Copper: 0.07mg (3.43%), Calcium: 31.29mg (3.13%), Folate: 9.85µg (2.46%), Vitamin C: 1.81mg (2.19%)