



Hoisin Five-Spice Chicken Legs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



355 kcal

SAUCE

Ingredients

- 1 teaspoon five spice powder chinese
- 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs separated
- 0.5 cup hoisin sauce

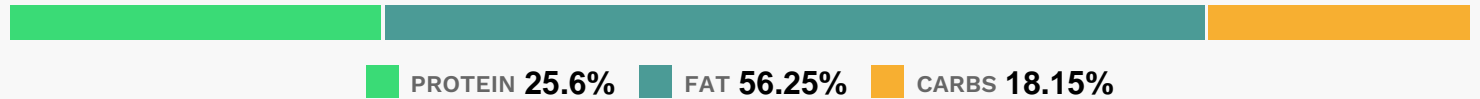
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 500°F.
- Put chicken in a shallow (1-inch-deep) baking pan lined with foil. Stir together hoisin sauce and five-spice powder and brush liberally all over chicken.
- Bake in upper third of oven until skin is browned and chicken is cooked through, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:10.020000162332%

Nutrients (% of daily need)

Calories: 354.67kcal (17.73%), Fat: 21.87g (33.65%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 14.77g (5.37%), Sugar: 9.38g (10.43%), Cholesterol: 120.83mg (40.28%), Sodium: 665.24mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.8%), Selenium: 23.86µg (34.08%), Vitamin B3: 6.53mg (32.65%), Vitamin B6: 0.44mg (21.87%), Phosphorus: 217.13mg (21.71%), Vitamin B2: 0.26mg (15.24%), Zinc: 2.06mg (13.71%), Vitamin B5: 1.31mg (13.12%), Vitamin B12: 0.72µg (12.02%), Potassium: 316.82mg (9.05%), Iron: 1.61mg (8.92%), Magnesium: 34.43mg (8.61%), Vitamin B1: 0.1mg (6.59%), Manganese: 0.13mg (6.55%), Copper: 0.12mg (6.13%), Fiber: 1.11g (4.43%), Folate: 13.16µg (3.29%), Vitamin K: 3.13µg (2.99%), Calcium: 29.05mg (2.91%), Vitamin E: 0.38mg (2.53%), Vitamin A: 123.69IU (2.47%)