



Honey Baked Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup honey
- ☐ 2 tablespoons mustard prepared
- ☐ 1 teaspoon salt
- ☐ 6 chicken breast halves boneless skinless

Equipment

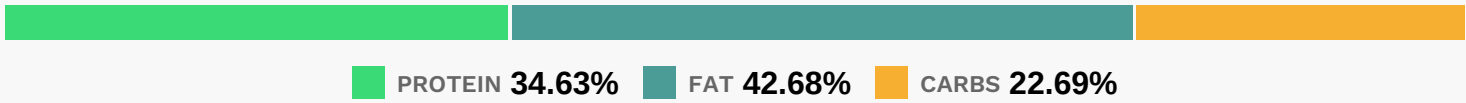
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken breasts into a 9x13-inch baking dish.
- ☐ Whisk butter, honey, mustard, salt, and curry powder together in a bowl until smooth; pour sauce evenly over chicken.
- ☐ Bake in the preheated oven until sauce is bubbling and chicken is no longer pink inside, 30 to 45 minutes. An instant-read meat thermometer inserted into the thickest part of a breast should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:8.12, Inflammation Score:-3, Nutrition Score:11.751739279084%

Nutrients (% of daily need)

Calories: 280.63kcal (14.03%), Fat: 13.37g (20.57%), Saturated Fat: 7.14g (44.64%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.62g (5.68%), Sugar: 15.55g (17.28%), Cholesterol: 99.43mg (33.14%), Sodium: 655.68mg (28.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.82%), Vitamin B3: 11.85mg (59.27%), Selenium: 38.19µg (54.56%), Vitamin B6: 0.86mg (42.93%), Phosphorus: 247.64mg (24.76%), Vitamin B5: 1.65mg (16.52%), Potassium: 443.64mg (12.68%), Magnesium: 33.27mg (8.32%), Vitamin B2: 0.13mg (7.57%), Vitamin A: 355.89IU (7.12%), Vitamin B1: 0.08mg (5.55%), Zinc: 0.75mg (5.03%), Vitamin B12: 0.25µg (4.12%), Vitamin E: 0.6mg (3.99%), Iron: 0.68mg (3.78%), Manganese: 0.07mg (3.41%), Copper: 0.04mg (2.2%), Vitamin C: 1.51mg (1.83%), Folate: 6.14µg (1.53%), Calcium: 14.79mg (1.48%), Fiber: 0.36g (1.45%), Vitamin K: 1.52µg (1.44%)