



## Honey Baked Chicken I



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 egg yolk
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 tablespoons honey
- ☐ 4 tablespoons butter melted
- ☐ 2 teaspoons salt
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

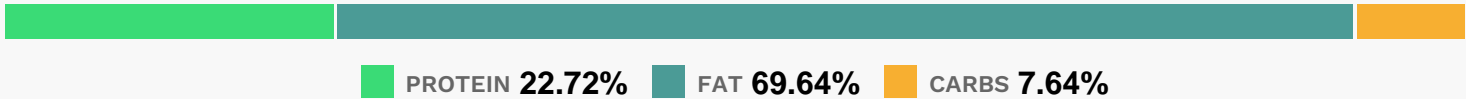
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Rub chicken pieces with garlic powder, salt and pepper. In a small bowl, beat egg yolk with honey and butter or margarine, then brush this mixture over chicken pieces.
- ☐ Place chicken pieces, skin side down, in a lightly greased 9x13 inch baking dish.
- ☐ Bake at 325 degrees F (165 degrees C) for 45 to 60 minutes or until chicken is cooked through and juices run clear, basting with remaining butter or margarine. Just before serving, turn chicken over and bake for another 10 to 15 minutes to cook the skin on the other side.

## Nutrition Facts



## Properties

Glycemic Index:17.85, Glycemic Load:2.73, Inflammation Score:-4, Nutrition Score:7.0904347896576%

## Nutrients (% of daily need)

Calories: 299.76kcal (14.99%), Fat: 23.09g (35.52%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.64g (2.05%), Sugar: 5.2g (5.78%), Cholesterol: 104.2mg (34.73%), Sodium: 1098.95mg (47.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin B3: 5.94mg (29.69%), Selenium: 14.69µg (20.98%), Vitamin B6: 0.33mg (16.26%), Phosphorus: 146.29mg (14.63%), Vitamin A: 575.01IU (11.5%), Vitamin B5: 0.92mg (9.17%), Zinc: 1.25mg (8.33%), Vitamin B2: 0.13mg (7.69%), Vitamin B12: 0.35µg (5.86%), Iron: 0.94mg (5.24%), Potassium: 181.6mg (5.19%), Vitamin E: 0.7mg (4.7%), Magnesium: 18.49mg (4.62%), Vitamin B1: 0.06mg (4.07%), Folate: 10.88µg (2.72%), Copper: 0.05mg (2.52%), Vitamin D: 0.37µg (2.46%), Manganese: 0.04mg (2.08%), Calcium: 19.22mg (1.92%), Vitamin C: 1.45mg (1.76%), Vitamin K: 1.5µg (1.43%)