



Honey Garlic Chicken



Gluten Free



Dairy Free



Popular

READY IN



210 min.

SERVINGS



4

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp brown sugar
- ☐ 0.3 tsp ground pepper
- ☐ 0.3 cup chicken broth
- ☐ 4 lbs chicken pieces bone in , skin on
- ☐ 2 tbsp olive oil extra virgin
- ☐ 1 tbsp garlic crushed
- ☐ 0.3 cup honey divided
- ☐ 1 tbsp lemon zest fresh

- ☐ 2 tsp potato flour
- ☐ 4 servings salt and pepper

Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Honey Garlic Chicken
- ☐ Ingredients4 lbs. chicken pieces, bone in, skin on1/3 cup honey, divided2 tbsp extra virgin olive oil1 tbsp brown sugar1 heaping tbsp crushed garlic1 tbsp fresh Meyer lemon or lime juice1/4 tsp cayenne pepper1/4 cup white wine or chicken broth2 tsp potato starch
- ☐ Salt and pepper
- ☐ You will also need9x13 baking dish (ceramic or glass), plastic wrap, aluminum foil, saucepan, wire mesh strainer
- ☐ Prep Time: 2 Hours
- ☐ Cook Time: 1 Hour 30 Minutes
- ☐ Total Time: 3 Hours 30 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Meat, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:12.4, Inflammation Score:-5, Nutrition Score:21.599130583846%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 831.17kcal (41.56%), Fat: 53.53g (82.35%), Saturated Fat: 14.27g (89.18%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 27.9g (10.14%), Sugar: 26.33g (29.25%), Cholesterol: 231.63mg (77.21%), Sodium: 467.3mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.8g (115.61%), Vitamin B3: 21.11mg (105.55%), Selenium: 45.06µg (64.37%), Vitamin B6: 1.13mg (56.29%), Phosphorus: 460.91mg (46.09%), Vitamin B5: 2.86mg (28.55%), Zinc: 4.15mg (27.65%), Vitamin B2: 0.39mg (23.18%), Potassium: 629.79mg (17.99%), Iron: 3.05mg (16.92%), Magnesium: 64.29mg (16.07%), Vitamin B12: 0.96µg (15.99%), Vitamin E: 1.98mg (13.22%), Vitamin B1: 0.2mg (13.09%), Vitamin A: 479.92IU (9.6%), Vitamin C: 7.78mg (9.43%), Copper: 0.17mg (8.59%), Vitamin K: 8.97µg (8.54%), Manganese: 0.13mg (6.52%), Folate: 19.94µg (4.98%), Calcium: 44.29mg (4.43%), Vitamin D: 0.62µg (4.11%), Fiber: 0.29g (1.17%)