



Honey Mustard Chicken



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup smooth dijon mustard
- ☐ 0.3 cup honey
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 pounds chicken thighs bone in trimmed (or legs)
- ☐ 4 servings salt
- ☐ 2 sprigs rosemary dried generous (or a sprinkling of rosemary)
- ☐ 4 servings pepper black freshly ground

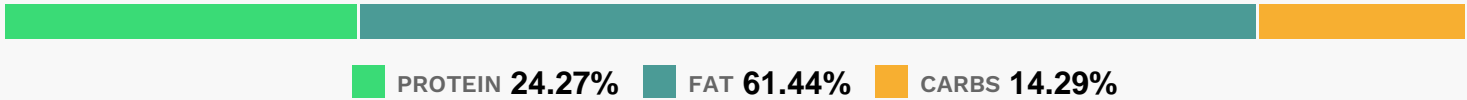
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ casserole dish
- ☐ kitchen thermometer

Directions

- ☐ Salt the chicken:
- ☐ Sprinkle chicken thighs on both sides with salt and lay the pieces skin-side up in a shallow casserole dish. Preheat the oven to 350°F (175°C).
- ☐ Make honey mustard sauce: In a medium bowl, whisk together the mustard, honey, and olive oil.
- ☐ Add a pinch of salt and taste.
- ☐ Add more salt and mustard until you get the flavor where you want it.
- ☐ Spoon honey mustard sauce over chicken: Spoon the honey mustard sauce over the chicken.
- ☐ Place the rosemary sprigs in between the pieces of chicken.
- ☐ Bake at 350°F (175°C) for 45 minutes, or until the thighs read 175°F (80°C) on a meat thermometer, or the juices run clear when the meat is pierced with a knife.
- ☐ Remove the casserole pan from the oven, use a spoon to spoon off any excess chicken fat that has rendered during the cooking.
- ☐ Sprinkle some freshly ground black pepper over the chicken before you serve.

Nutrition Facts



Properties

Glycemic Index:46.57, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:14.194347842232%

Nutrients (% of daily need)

Calories: 527.44kcal (26.37%), Fat: 36.06g (55.47%), Saturated Fat: 9.16g (57.25%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 18.1g (6.58%), Sugar: 17.62g (19.57%), Cholesterol: 188.92mg (62.97%), Sodium: 514.38mg (22.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.09%), Selenium: 41.52µg (59.31%), Vitamin B3: 9.07mg (45.34%), Vitamin B6: 0.68mg (33.91%), Phosphorus: 322.44mg (32.24%), Vitamin B12: 1.23µg (20.56%), Vitamin B5: 2.02mg (20.21%), Zinc: 2.56mg (17.06%), Vitamin B2: 0.27mg (16.07%), Potassium: 431.44mg (12.33%), Vitamin B1: 0.17mg (11.5%), Magnesium: 44.81mg (11.2%), Iron: 1.67mg (9.3%), Vitamin E: 0.96mg (6.43%), Manganese: 0.13mg (6.34%), Vitamin K: 6.55µg (6.24%), Copper: 0.12mg (5.96%), Vitamin A: 163.53IU (3.27%), Fiber: 0.76g (3.03%), Calcium: 27.74mg (2.77%), Folate: 7.47µg (1.87%), Vitamin D: 0.19µg (1.29%)