

Honey Mustard Chicken

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 3 tablespoons mustard dijon-style prepared
- ☐ 1 teaspoon paprika
- ☐ 4 pound meat from a rotisserie chicken whole cut into 8 pieces

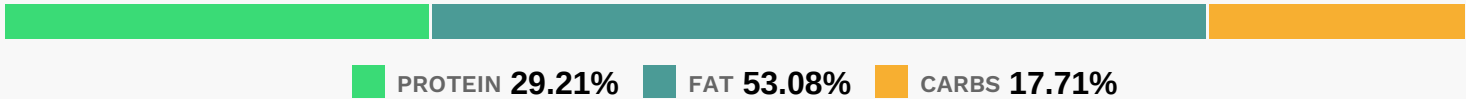
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Sprinkle chicken with paprika, pepper, and curry powder.
- ☐ Place in a roasting pan.
- ☐ Combine mustard, honey, and jam in a small bowl.
- ☐ Pour over chicken, and marinate for 1 hour or overnight.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour, basting often.

Nutrition Facts



Properties

Glycemic Index:17.03, Glycemic Load:4.59, Inflammation Score:-3, Nutrition Score:8.1021739607272%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 283.06kcal (14.15%), Fat: 16.65g (25.61%), Saturated Fat: 4.72g (29.47%), Carbohydrates: 12.49g (4.17%), Net Carbohydrates: 12.07g (4.39%), Sugar: 10.98g (12.2%), Cholesterol: 81.65mg (27.22%), Sodium: 140.75mg (6.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.22%), Vitamin B3: 7.48mg (37.4%), Selenium: 17.81µg (25.45%), Vitamin B6: 0.4mg (19.77%), Phosphorus: 168mg (16.8%), Vitamin B5: 1.02mg (10.23%), Zinc: 1.5mg (10.03%), Vitamin B2: 0.14mg (8.41%), Iron: 1.23mg (6.86%), Potassium: 232.01mg (6.63%), Magnesium: 25.75mg (6.44%), Vitamin A: 291.36IU (5.83%), Vitamin B12: 0.34µg (5.62%), Vitamin B1: 0.08mg (5.14%), Manganese: 0.07mg (3.6%), Copper: 0.07mg (3.44%), Vitamin E: 0.45mg (3.02%), Vitamin C: 2.27mg (2.76%), Vitamin K: 2.15µg (2.04%), Folate: 7.51µg (1.88%), Calcium: 18.6mg (1.86%), Fiber: 0.42g (1.69%), Vitamin D: 0.22µg (1.45%)