



## Honey Mustard-Glazed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds chicken breast halves bone-in
- ☐ 1.5 pounds chicken leg quarters
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons honey
- ☐ 0.3 cup soya sauce low-sodium

☐ 2 tablespoons rice vinegar

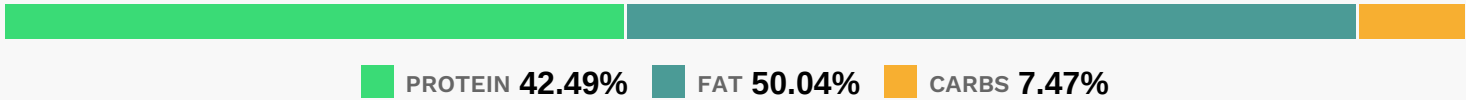
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Combine first 7 ingredients in a small bowl, stirring with a whisk.
- ☐ Pour into a large zip-top plastic bag.
- ☐ Add chicken; seal bag, and marinate in refrigerator at least 30 minutes, turning occasionally.
- ☐ . Preheat oven to 42
- ☐ Remove chicken from bag; reserving marinade.
- ☐ Pour marinade into a 1-cup glass measure, and microwave at HIGH 1 minute or until boiling. Arrange chicken in a foil-lined broiler pan coated with cooking spray.
- ☐ Bake at 425 for 35 minutes or until done, basting twice with marinade.
- ☐ Remove skin before serving.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:4.69, Inflammation Score:-4, Nutrition Score:25.060000030891%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 589.25kcal (29.46%), Fat: 32.11g (49.4%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 10.44g (3.79%), Sugar: 8.79g (9.77%), Cholesterol: 250.55mg (83.52%), Sodium: 924.61mg (40.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.34g (122.68%), Vitamin B3: 24.69mg (123.44%), Selenium: 83.17µg (118.81%), Vitamin B6: 1.82mg (91.04%), Phosphorus: 619.53mg (61.95%), Vitamin B5: 3.97mg (39.73%), Potassium: 1003.26mg (28.66%), Vitamin B2: 0.41mg (23.98%), Magnesium: 85.59mg (21.4%), Vitamin B12: 1.27µg (21.09%), Zinc: 2.99mg (19.92%), Vitamin B1: 0.23mg (15.5%), Iron: 1.95mg (10.84%), Manganese: 0.17mg (8.6%), Copper: 0.14mg (7.06%), Vitamin E: 0.76mg (5.05%), Folate: 18.78µg (4.7%), Vitamin K: 3.94µg (3.75%), Vitamin A: 166.6IU (3.33%), Vitamin C: 2.63mg (3.18%), Calcium: 31.2mg (3.12%), Vitamin D: 0.31µg (2.1%), Fiber: 0.35g (1.38%)