

Incredible Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup brown sugar



4 pound meat from a rotisserie chicken cut into pieces



1 teaspoon garlic salt

Equipment



oven



baking pan

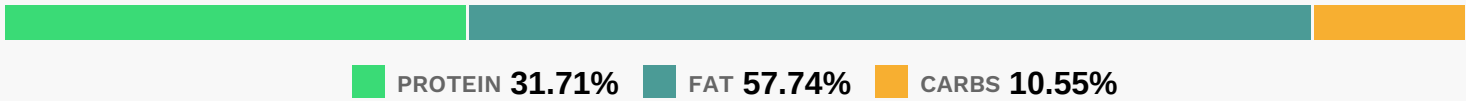


aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Arrange chicken skin side up in a lightly greased 9x13 inch baking dish. Season with garlic salt to taste. Then sprinkle with brown sugar and bake in the preheated oven for 1 hour. If chicken appears to be browning too much and getting dry, cover with foil for the last 15 to 20 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:14.547391300616%

Nutrients (% of daily need)

Calories: 520.36kcal (26.02%), Fat: 32.79g (50.45%), Saturated Fat: 9.38g (58.65%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 13.49g (4.91%), Sugar: 13.34g (14.82%), Cholesterol: 163.29mg (54.43%), Sodium: 737.63mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.51g (81.03%), Vitamin B3: 14.82mg (74.11%), Selenium: 31.52µg (45.03%), Vitamin B6: 0.77mg (38.38%), Phosphorus: 320.6mg (32.06%), Vitamin B5: 2mg (19.99%), Zinc: 2.86mg (19.05%), Vitamin B2: 0.26mg (15.37%), Potassium: 429.91mg (12.28%), Iron: 2.06mg (11.46%), Vitamin B12: 0.67µg (11.25%), Magnesium: 44.8mg (11.2%), Vitamin B1: 0.13mg (8.71%), Vitamin A: 304.81IU (6.1%), Copper: 0.11mg (5.57%), Vitamin E: 0.65mg (4.35%), Vitamin C: 3.48mg (4.22%), Calcium: 35.72mg (3.57%), Folate: 13.2µg (3.3%), Vitamin K: 3.27µg (3.11%), Vitamin D: 0.44µg (2.9%), Manganese: 0.05mg (2.58%)