

# Jalapeno Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**305 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black
- 1 cup chicken broth
- 2 teaspoons chili powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cumin
- 2 tablespoons honey
- 0.5 jalapeno minced
- 2 juice of lime juiced

- 2 teaspoons salt
- 1 meat from a rotisserie chicken whole cut into pieces

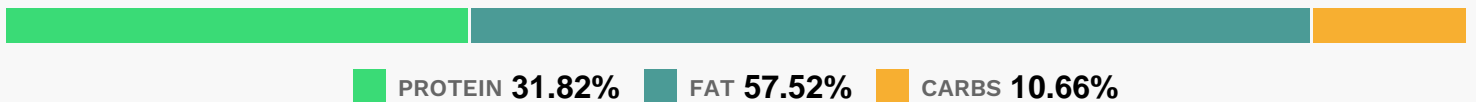
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 450 degrees F (230 degrees C). Lightly grease a medium baking sheet.
- In a small bowl, mix cinnamon, chili powder, cumin, salt, and pepper. Rub chicken pieces with the mixture, and arrange on the prepared baking sheet.
- In a medium saucepan over medium-high heat, blend chicken broth, honey, lime juice, and jalapeno. Cook and stir until thickened.
- Place chicken in the preheated oven and cook about 15 minutes. Begin basting periodically with the chicken broth mixture. Continue cooking 30 minutes, or until the chicken is no longer pink and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:21.05, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:10.334347797477%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 305.05kcal (15.25%), Fat: 19.4g (29.85%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.3g (2.65%), Sugar: 6.2g (6.89%), Cholesterol: 96mg (32%), Sodium: 1021.48mg (44.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin B3: 8.86mg (44.32%), Selenium: 18.7µg (26.72%), Vitamin B6: 0.47mg (23.61%), Phosphorus: 194.8mg (19.48%), Vitamin B5: 1.19mg (11.93%), Zinc: 1.78mg (11.86%), Manganese: 0.23mg (11.7%), Vitamin B2: 0.19mg (11.1%), Iron: 1.64mg (9.12%), Potassium: 291.66mg (8.33%), Vitamin A: 401.79IU (8.04%), Vitamin C: 6.51mg (7.89%), Magnesium: 30.1mg (7.53%), Vitamin B12: 0.4µg (6.69%), Vitamin B1: 0.09mg (6.11%), Vitamin E: 0.74mg (4.96%), Copper: 0.09mg (4.47%), Vitamin K: 3.66µg (3.48%), Fiber: 0.79g (3.17%), Calcium: 31.43mg (3.14%), Folate: 9.39µg (2.35%), Vitamin D: 0.25µg (1.69%)