



Kentucky-Style Oven-Barbecued Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 servings rice hot cooked
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vinegar white
- ☐ 3 pound meat from a rotisserie chicken whole

☐ 1 tablespoon worcestershire sauce

Equipment

☐ frying pan

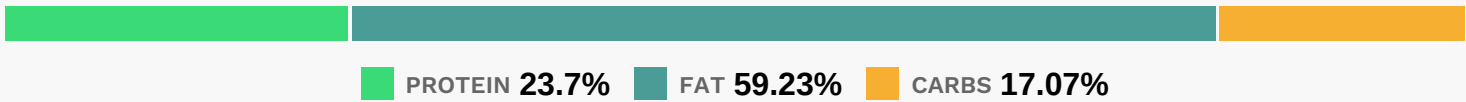
☐ oven

☐ baking pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat; add chicken, and brown on all sides.
- ☐ Remove chicken from skillet, reserving drippings.
- ☐ Place chicken in an 11- x 7-inch baking dish.
- ☐ Add vinegar and next 5 ingredients to reserved drippings in skillet, stirring to loosen browned particles.
- ☐ Pour over chicken.
- ☐ Bake, covered, at 325 for 45 minutes; uncover and bake 15 more minutes.
- ☐ Serve over rice.
- ☐ Note: Chicken may be skinned before cooking.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:23.97, Inflammation Score:-6, Nutrition Score:14.473043467688%

Nutrients (% of daily need)

Calories: 567.49kcal (28.37%), Fat: 36.38g (55.96%), Saturated Fat: 9.48g (59.28%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 23.1g (8.4%), Sugar: 0.52g (0.58%), Cholesterol: 122.47mg (40.82%), Sodium: 886.3mg (38.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.49%), Vitamin B3: 11.49mg (57.46%), Selenium: 30.18µg (43.11%), Vitamin B6: 0.65mg (32.71%), Phosphorus: 284.3mg (28.43%), Manganese: 0.47mg (23.3%), Vitamin B5: 1.81mg (18.12%), Zinc: 2.56mg (17.09%), Vitamin A: 844.92IU (16.9%), Vitamin B2: 0.22mg (12.96%), Magnesium: 45.18mg (11.3%), Potassium: 387.19mg (11.06%), Iron: 1.93mg (10.75%), Vitamin B12: 0.52µg (8.67%), Vitamin B1: 0.12mg (8.08%), Copper: 0.15mg (7.48%), Vitamin E: 1.05mg (7.03%), Vitamin C: 3.4mg (4.12%),

Calcium: 39.08mg (3.91%), Folate: 13.36µg (3.34%), Vitamin K: 3.12µg (2.97%), Vitamin D: 0.33µg (2.18%), Fiber: 0.48g (1.91%)