



Lally's Chicken

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

READY IN



60 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup apple cider vinegar
- 0.3 cup brown sugar packed
- 1 teaspoon ground ginger
- 1 tablespoon ground mustard dry
- 1.3 cups catsup
- 0.7 cup onion diced
- 4 servings salt and pepper black to taste
- 4 chicken breast halves boneless skinless

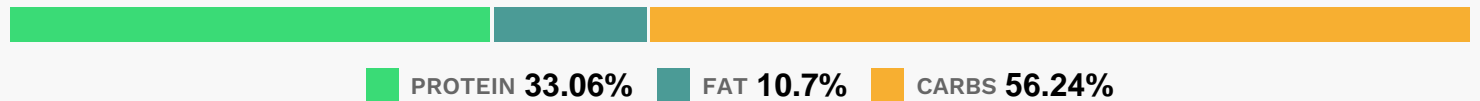
Equipment

- sauce pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray an 8x8-inch baking dish with cooking spray.
- Place the chicken breasts into the prepared baking dish.
- Stir together the onion, ketchup, cider vinegar, brown sugar, ground mustard, ginger, and salt and pepper in a saucepan until the mixture is well combined. Bring to a boil over medium heat, and simmer until slightly thickened, about 15 minutes, stirring frequently.
- Pour the sauce over the chicken, cover the dish with foil, and bake for 20 minutes.
- Remove the foil, and bake the chicken breasts until no longer pink in the center and the juices run clear, and the sauce is slightly browned and bubbling, about 10 more minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:16.034347554912%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 308.88kcal (15.44%), Fat: 3.69g (5.68%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 42.64g (15.5%), Sugar: 36.25g (40.28%), Cholesterol: 72.32mg (24.11%), Sodium: 1059.02mg (46.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.28%), Vitamin B3: 13.11mg (65.56%), Selenium: 41.03µg (58.62%), Vitamin B6: 1.02mg (51.12%), Phosphorus: 285.08mg (28.51%), Manganese: 0.45mg (22.57%), Potassium: 754.85mg (21.57%), Vitamin B5: 1.72mg (17.21%), Vitamin B2: 0.26mg (15.2%), Magnesium: 53.64mg (13.41%), Vitamin E: 1.48mg (9.85%), Vitamin A: 445.53IU (8.91%), Vitamin C: 6.74mg (8.17%), Vitamin B1: 0.11mg (7.18%), Iron: 1.23mg (6.81%), Copper: 0.13mg (6.73%), Zinc: 0.98mg (6.56%), Folate: 19.87µg (4.97%), Calcium: 47.13mg (4.71%), Fiber: 0.98g (3.91%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 2.83µg (2.7%)