



Latin Baked Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce chicken thighs bone-in
- ☐ 2 tablespoons chipotle chile in adobo sauce minced
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons less-sodium soy sauce
- ☐ 5 the ingredients
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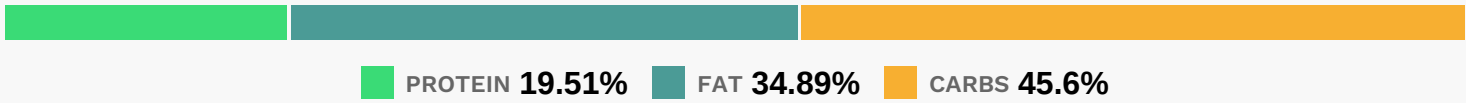
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Combine lime juice, soy sauce, 2 tablespoons honey, and chipotle in a large bowl.
- ☐ Add chicken, and toss well to coat.
- ☐ Let stand for 10 minutes at room temperature. Arrange the chicken on a broiler pan coated with cooking spray, reserving marinade.
- ☐ Bake at 400 for 15 minutes.
- ☐ Place reserved marinade in a blender, and process until smooth.
- ☐ Place pureed marinade in a small saucepan. Bring to a boil, and cook 3 minutes.
- ☐ Brush chicken with half of cooked sauce; return to oven and bake an additional for 10 minutes.
- ☐ Brush chicken with remaining sauce; bake an additional 10 minutes or until a thermometer registers 165.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:4.51, Inflammation Score:-1, Nutrition Score:2.9382608468118%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 100.31kcal (5.02%), Fat: 4.05g (6.23%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 10.99g (4%), Sugar: 9.44g (10.48%), Cholesterol: 23.62mg (7.87%), Sodium: 451.35mg (19.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.19%), Selenium: 4.67µg (6.66%), Vitamin B3: 1.29mg (6.45%), Phosphorus: 60.53mg (6.05%), Vitamin C: 4.59mg (5.56%), Vitamin B6: 0.11mg (5.51%), Vitamin B2: 0.07mg (3.93%), Fiber: 0.92g (3.66%), Magnesium: 14.28mg (3.57%), Manganese: 0.07mg (3.29%), Potassium: 114.8mg (3.28%), Iron: 0.56mg (3.12%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.43mg (2.87%), Vitamin B12: 0.15µg (2.57%), Folate: 7.73µg (1.93%), Vitamin B1: 0.03mg (1.76%), Copper: 0.03mg (1.3%)