



Loga's Microwave Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground pepper
- 8 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 5 tablespoons curry powder
- 1 cup catsup

Equipment

- casserole dish
- microwave

Directions

- In a large, round microwave safe casserole dish combine the ketchup, curry powder and cayenne powder and mix together.
- Add chicken pieces and turn to coat. Arrange chicken legs in a fan, with the thin part of the legs in the center of the dish. Cover and cook in the microwave on high for 12 to 15 minutes or until chicken is cooked through and juices run clear.

Nutrition Facts

PROTEIN 27.3% **FAT 59.28%** **CARBS 13.42%**

Properties

Glycemic Index:6.17, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:15.557391431021%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 425.28kcal (21.26%), Fat: 28.18g (43.36%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 12.48g (4.54%), Sugar: 8.69g (9.66%), Cholesterol: 159.74mg (53.25%), Sodium: 509.78mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.41%), Selenium: 32.08µg (45.83%), Vitamin B3: 8.9mg (44.52%), Vitamin B6: 0.68mg (33.75%), Phosphorus: 295.05mg (29.51%), Vitamin B2: 0.33mg (19.16%), Zinc: 2.8mg (18.69%), Vitamin B5: 1.73mg (17.26%), Vitamin B12: 0.96µg (16.03%), Iron: 2.83mg (15.73%), Potassium: 544.94mg (15.57%), Vitamin E: 2.16mg (14.41%), Manganese: 0.29mg (14.41%), Magnesium: 51.04mg (12.76%), Vitamin A: 551.22IU (11.02%), Vitamin K: 10.41µg (9.91%), Vitamin B1: 0.14mg (9.57%), Copper: 0.17mg (8.44%), Fiber: 1.87g (7.48%), Folate: 18.52µg (4.63%), Calcium: 45.85mg (4.59%), Vitamin C: 2.81mg (3.4%), Vitamin D: 0.17µg (1.15%)