



Maple Chicken'n'ribs

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

READY IN

ready

2970 min.

SERVINGS

servings

8

CALORIES

calories

920 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 cup apple juice
- ☐ 12 chicken thighs with skin and bones
- ☐ 1 cinnamon sticks halved
- ☐ 6 garlic cloves unpeeled
- ☐ 4 tablespoons maple syrup
- ☐ 12 pork spareribs
- ☐ 2 tablespoons soya sauce
- ☐ 2 star anise

☐ 2 tablespoons vegetable oil

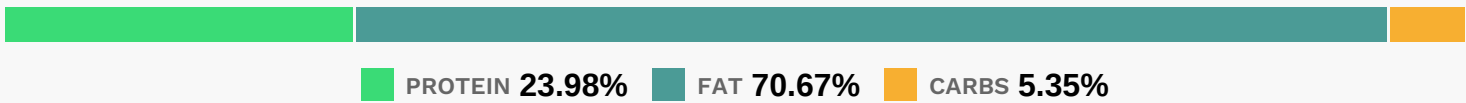
Equipment

☐ oven

Directions

- ☐ Put the ribs and chicken pieces in a couple of large freezer bags or into a dish.
- ☐ Add all the remaining ingredients, squelching or everything together well before sealing the bag or covering the dish.
- ☐ Leave to marinade in the refrigerator overnight or up to 2 days.
- ☐ Take the dish out of the refrigerator and preheat the oven to 200C/400 degrees F.
- ☐ Pour the contents of the freezer bag into 1 or 2 large roasting trays (making sure the chicken is skin side up) and place in the preheated oven and cook for about 1 hour and 15 minutes, by which time everything should be sticky and glossed conker-brown.

Nutrition Facts



Properties

Glycemic Index:16.53, Glycemic Load:4.11, Inflammation Score:-3, Nutrition Score:28.421738992567%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 920.01kcal (46%), Fat: 71.32g (109.72%), Saturated Fat: 20.88g (130.52%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.72g (4.26%), Sugar: 9.08g (10.09%), Cholesterol: 301.71mg (100.57%), Sodium: 521.79mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.46g (108.91%), Selenium: 69.4µg (99.14%), Vitamin B3: 16.01mg (80.06%), Vitamin B6: 1.6mg (79.96%), Phosphorus: 519.65mg (51.96%), Vitamin B2: 0.79mg (46.57%), Vitamin B1: 0.69mg (45.82%), Zinc: 6.5mg (43.33%), Vitamin B12: 1.73µg (28.82%), Vitamin B5: 2.83mg (28.31%), Vitamin D: 4.07µg (27.12%), Potassium: 835.53mg (23.87%), Manganese: 0.44mg (21.96%), Iron: 3mg (16.67%),

Magnesium: 66.03mg (16.51%), Copper: 0.24mg (12.12%), Vitamin K: 9.99µg (9.51%), Vitamin E: 1.28mg (8.51%), Calcium: 63.34mg (6.33%), Vitamin A: 134.79IU (2.7%), Fiber: 0.41g (1.66%), Folate: 6.01µg (1.5%), Vitamin C: 1.05mg (1.27%)