



Maple-Mustard Chicken Thighs

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

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

354 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1.5 pounds chicken thighs bone-in
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons grainy mustard french
- ☐ 2 tablespoons maple syrup

Equipment

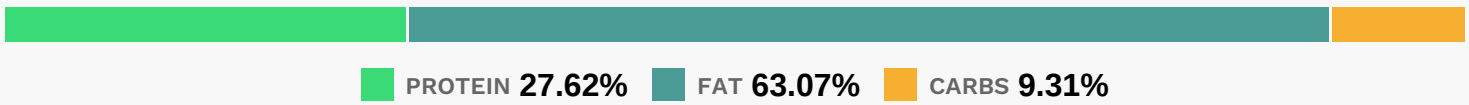
- ☐ bowl

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 375 degrees F.
- ☐ Rinse chicken and pat dry.
- ☐ Combine mustard, garlic, marjoram and maple syrup in a small bowl.
- ☐ Spread about 1 1/2 tablespoons mustard mixture evenly on top of each chicken thigh, being careful to cover as much of the surface as possible to form a "crust." Arrange chicken in a glass baking dish.
- ☐ Bake for 45 to 50 minutes, or until mustard mixture has formed a crust and is slightly hardened, and juices run clear when the chicken is pierced.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:2.58, Inflammation Score:-2, Nutrition Score:11.598695887172%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 353.94kcal (17.7%), Fat: 24.53g (37.73%), Saturated Fat: 6.51g (40.71%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 7.48g (2.72%), Sugar: 6.21g (6.9%), Cholesterol: 141.69mg (47.23%), Sodium: 277.37mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.33%), Selenium: 32.24µg (46.06%), Vitamin B3: 6.81mg (34.06%), Vitamin B6: 0.52mg (25.79%), Phosphorus: 245.83mg (24.58%), Vitamin B2: 0.33mg (19.33%), Manganese: 0.33mg (16.45%), Vitamin B12: 0.93µg (15.42%), Vitamin B5: 1.52mg (15.18%), Zinc: 1.98mg (13.22%), Potassium: 344.59mg (9.85%), Vitamin B1: 0.14mg (9.57%), Magnesium: 37mg (9.25%), Iron: 1.24mg (6.9%), Copper: 0.09mg (4.36%), Calcium: 33.52mg (3.35%), Vitamin K: 3.35µg (3.19%), Fiber: 0.67g (2.66%), Vitamin A: 124.5IU (2.49%), Vitamin E: 0.36mg (2.38%), Folate: 5.44µg (1.36%)