



Maple-Mustard Glazed Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup maple syrup
- ☐ 0.5 cup dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 lb chicken whole
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon pepper black

Equipment

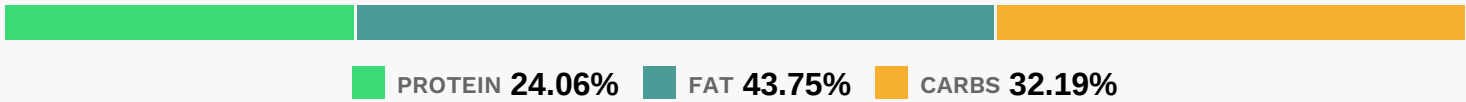
- ☐ sauce pan

☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. In 1-quart saucepan, mix maple syrup, mustard and chives.
- ☐ Sprinkle both sides of chicken pieces with seasoned salt and pepper. Cover and grill chicken over medium heat, skin sides up, 15 minutes; turn chicken. Cover and grill 20 to 40 minutes longer, turning occasionally and brushing 2 or 3 times with mustard mixture, until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).
- ☐ Heat remaining mustard mixture to boiling; boil 1 minute.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:14.98, Inflammation Score:-4, Nutrition Score:19.305652348892%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 533.84kcal (26.69%), Fat: 25.66g (39.48%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 41.07g (14.93%), Sugar: 36.65g (40.72%), Cholesterol: 122.47mg (40.82%), Sodium: 1043.55mg (45.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.51%), Manganese: 1.57mg (78.62%), Vitamin B2: 0.99mg (57.95%), Vitamin B3: 11.34mg (56.7%), Selenium: 34.12µg (48.74%), Vitamin B6: 0.6mg (29.77%), Phosphorus: 274.72mg (27.47%), Zinc: 2.77mg (18.48%), Vitamin B5: 1.59mg (15.86%), Magnesium: 61.14mg (15.28%), Potassium: 497.38mg (14.21%), Vitamin B1: 0.2mg (13.2%), Iron: 2.07mg (11.51%), Calcium: 105.67mg (10.57%), Vitamin B12: 0.51µg (8.44%), Vitamin A: 316.69IU (6.33%), Vitamin K: 6.32µg (6.02%), Fiber: 1.41g (5.63%), Copper: 0.11mg (5.29%), Vitamin C: 3.61mg (4.37%), Vitamin E: 0.6mg (4.02%), Folate: 13.57µg (3.39%), Vitamin D: 0.33µg (2.18%)