



Marmalade Baked Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



398 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 teaspoons old bay seasoning
- ☐ 2 teaspoons onion minced
- ☐ 1 cup orange marmalade
- ☐ 5 pound meat from a rotisserie chicken whole
- ☐ 2 tablespoons worcestershire sauce

Equipment

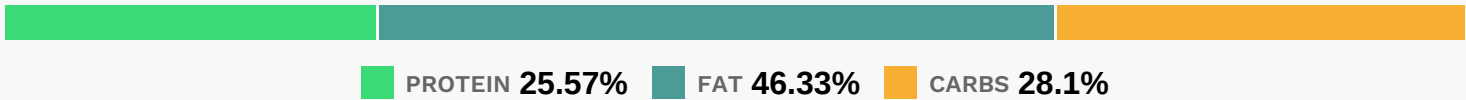
- ☐ frying pan

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Remove giblets from chicken, and discard. Rinse chicken with cold water, and pat dry. Tuck wing tips under bird, and tie legs, if desired.
- ☐ Place bird, breast side up, on a rack coated with vegetable cooking spray, and place rack in a roasting pan.
- ☐ Stir together orange marmalade and next 3 ingredients; pour mixture over prepared chicken in pan.
- ☐ Sprinkle evenly with chopped fresh parsley.
- ☐ Bake chicken at 350 for 1 hour and 30 minutes or until done, basting occasionally with pan juices.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:10.963043352832%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 397.69kcal (19.88%), Fat: 20.57g (31.65%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 27.65g (10.06%), Sugar: 24.48g (27.2%), Cholesterol: 102.06mg (34.02%), Sodium: 173.47mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.09%), Vitamin B3: 9.34mg (46.71%), Selenium: 19.93µg (28.47%), Vitamin B6: 0.5mg (24.91%), Phosphorus: 206.33mg (20.63%), Vitamin K: 18.34µg (17.47%), Vitamin B5: 1.25mg (12.47%), Zinc: 1.84mg (12.3%), Vitamin B2: 0.18mg (10.67%), Iron: 1.89mg (10.53%), Potassium: 316.33mg (9.04%), Magnesium: 31.11mg (7.78%), Vitamin B12: 0.42µg (7.03%), Vitamin C: 5.47mg (6.63%), Vitamin B1: 0.09mg (5.99%), Copper: 0.12mg (5.96%), Vitamin A: 287.12IU (5.74%), Manganese: 0.1mg

(5.19%), Calcium: 45.48mg (4.55%), Folate: 14.34µg (3.58%), Vitamin E: 0.45mg (3.02%), Vitamin D: 0.27µg (1.81%),
Fiber: 0.42g (1.67%)