

Mom's Chicken



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 1 ounce onion soup mix dry
- ☐ 3 tablespoons plum jam
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

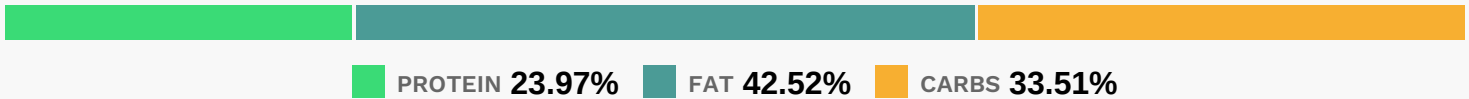
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, combine the barbecue sauce, plum jam and onion soup mix.
- ☐ Place the chicken pieces in a 9x13 inch baking dish and pour mixture over the chicken, coating thoroughly.
- ☐ Bake at 350 degrees F (175 degrees C) for about 1 hour, or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:5.59, Inflammation Score:-3, Nutrition Score:9.2160870510599%

Nutrients (% of daily need)

Calories: 358.01kcal (17.9%), Fat: 16.65g (25.62%), Saturated Fat: 4.72g (29.47%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 28.58g (10.39%), Sugar: 19.47g (21.64%), Cholesterol: 81.65mg (27.22%), Sodium: 1018.42mg (44.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.25%), Vitamin B3: 7.73mg (38.63%), Selenium: 16.8µg (23.99%), Vitamin B6: 0.45mg (22.6%), Phosphorus: 184.98mg (18.5%), Vitamin B5: 1.11mg (11.13%), Vitamin B2: 0.18mg (10.67%), Zinc: 1.58mg (10.5%), Potassium: 351.34mg (10.04%), Magnesium: 31.27mg (7.82%), Iron: 1.37mg (7.61%), Vitamin B1: 0.1mg (6.38%), Manganese: 0.12mg (5.94%), Copper: 0.12mg (5.9%), Vitamin B12: 0.34µg (5.62%), Vitamin A: 233.55IU (4.67%), Vitamin E: 0.64mg (4.27%), Vitamin C: 3.52mg (4.26%), Fiber: 0.95g (3.82%), Calcium: 36.91mg (3.69%), Vitamin K: 2.38µg (2.26%), Folate: 8.9µg (2.22%), Vitamin D: 0.22µg (1.45%)