



## Mustard Baked Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



258 kcal

### Ingredients

- 1.5 teaspoons mustard dry
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1 teaspoon pepper
- 1 teaspoon salt
- 4 lb meat from a rotisserie chicken whole
- 2 tablespoons worcestershire sauce

### Equipment

- oven

- roasting pan
- kitchen thermometer

## Directions

- Remove giblets and neck, and rinse chicken with cold water; pat dry.
- Place chicken in a large zip-top plastic freezer bag. Stir together paprika and next 5 ingredients until well blended; rub over chicken, coating evenly. Seal and chill at least 30 minutes or up to 8 hours, turning occasionally.
- Remove from marinade, discarding marinade.
- Place chicken in a roasting pan.
- Bake at 425 for 50 minutes or until a meat thermometer inserted in thickest portion registers 17
- Let stand, covered, 15 minutes before slicing.

## Nutrition Facts

**PROTEIN 32.3%** **FAT 65.25%** **CARBS 2.45%**

## Properties

Glycemic Index:5.88, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:8.6347824542419%

## Nutrients (% of daily need)

Calories: 257.8kcal (12.89%), Fat: 18.4g (28.31%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.54g (0.6%), Cholesterol: 81.65mg (27.22%), Sodium: 422.87mg (18.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.5g (40.99%), Vitamin B3: 7.54mg (37.71%), Selenium: 16.55µg (23.64%), Vitamin B6: 0.4mg (20.1%), Phosphorus: 168.82mg (16.88%), Vitamin A: 588.22IU (11.76%), Vitamin B5: 1.02mg (10.19%), Zinc: 1.5mg (9.99%), Vitamin B2: 0.15mg (8.73%), Iron: 1.46mg (8.12%), Potassium: 265.87mg (7.6%), Magnesium: 25.7mg (6.43%), Vitamin E: 0.86mg (5.72%), Vitamin B12: 0.34µg (5.62%), Vitamin B1: 0.07mg (4.96%), Manganese: 0.08mg (3.82%), Vitamin K: 3.86µg (3.68%), Copper: 0.07mg (3.65%), Vitamin C: 2.33mg (2.82%), Calcium: 20.83mg (2.08%), Folate: 7.95µg (1.99%), Fiber: 0.41g (1.66%), Vitamin D: 0.22µg (1.45%)