



Oven Barbecued Chicken



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 12 ounces chile sauce
- ☐ 5 pinches curry powder
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons mustard prepared
- ☐ 1 tablespoon salt
- ☐ 4 chicken breast halves boneless skinless

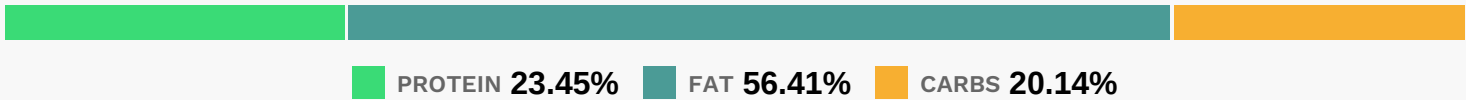
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium mixing bowl, combine the melted butter/margarine, chili sauce, lemon juice, salt, mustard and curry powder.
- ☐ Mix well.
- ☐ Place chicken in a lightly greased 9x13 inch baking dish and pour mixture over chicken.
- ☐ Bake in preheated oven for 50 minutes or until tender and juices run clear.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:13.327826074932%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 438.16kcal (21.91%), Fat: 26.21g (40.33%), Saturated Fat: 15.26g (95.39%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 17.07g (6.21%), Sugar: 15.02g (16.69%), Cholesterol: 133.33mg (44.44%), Sodium: 6264.3mg (272.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.52g (49.04%), Vitamin B3: 11.86mg (59.31%), Selenium: 37.52µg (53.6%), Vitamin B6: 0.87mg (43.34%), Phosphorus: 251.77mg (25.18%), Vitamin B5: 1.66mg (16.59%), Fiber: 3.99g (15.96%), Vitamin A: 757.54IU (15.15%), Potassium: 456.03mg (13.03%), Magnesium: 34.82mg (8.7%), Vitamin E: 1.17mg (7.79%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.08mg (5.56%), Vitamin C: 4.41mg (5.35%), Zinc: 0.76mg (5.04%), Iron: 0.85mg (4.75%), Vitamin B12: 0.27µg (4.57%), Manganese: 0.09mg (4.32%), Vitamin K: 3.5µg (3.33%), Copper: 0.05mg (2.25%), Folate: 8.97µg (2.24%), Calcium: 21.54mg (2.15%)