



Oven Barbecued Chicken and Potatoes



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons brown sugar
- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons mustard dry
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup butter
- ☐ 1 onion chopped
- ☐ 2 teaspoons paprika

- ☐ 6 potatoes cut into bite-sized chunks
- ☐ 1 pinch pepper flakes red
- ☐ 2 teaspoons salt
- ☐ 3 pounds chicken breast halves boneless skinless
- ☐ 0.3 cup vinegar white
- ☐ 0.3 cup worcestershire sauce

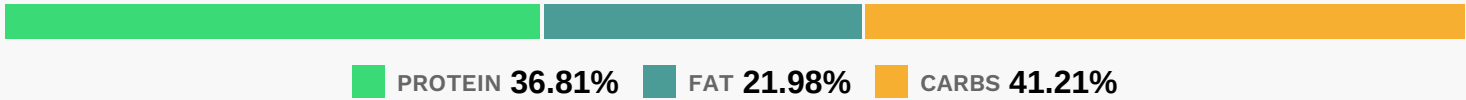
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Arrange chicken breasts, potatoes, and onion in a large baking dish.
- ☐ Mix ketchup, brown sugar, Worcestershire sauce, vinegar, margarine, lemon juice, dry mustard, salt, paprika, chili powder, and red pepper flakes in a saucepan. Bring sauce to a boil, stirring constantly to dissolve brown sugar and salt.
- ☐ Pour the sauce over chicken and vegetables. Cover dish with aluminum foil.
- ☐ Bake in the preheated oven until chicken is no longer pink, the juices run clear, and the sauce has thickened, about 2 hours. An instant-read meat thermometer inserted into the center of a breast should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:16.58, Inflammation Score:-7, Nutrition Score:21.413477832856%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 349.64kcal (17.48%), Fat: 8.49g (13.07%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 32.44g (11.8%), Sugar: 11.87g (13.19%), Cholesterol: 87.09mg (29.03%), Sodium: 892.01mg (38.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32g (64.01%), Vitamin B3: 15.89mg (79.46%), Vitamin B6: 1.45mg (72.6%), Selenium: 45.17µg (64.52%), Phosphorus: 376.93mg (37.69%), Vitamin C: 30.22mg (36.63%), Potassium: 1181.65mg (33.76%), Vitamin B5: 2.37mg (23.72%), Magnesium: 72.2mg (18.05%), Vitamin B1: 0.21mg (13.82%), Manganese: 0.27mg (13.74%), Fiber: 3.37g (13.5%), Vitamin B2: 0.22mg (13.01%), Vitamin A: 632.47IU (12.65%), Iron: 2.18mg (12.12%), Copper: 0.22mg (10.86%), Zinc: 1.28mg (8.51%), Folate: 31.3µg (7.82%), Vitamin E: 0.93mg (6.18%), Vitamin B12: 0.28µg (4.63%), Calcium: 45.69mg (4.57%), Vitamin K: 3.95µg (3.76%)