



Pepper Jelly Glazed Chicken



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



231 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 chicken breast halves bone-in with skin
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup honey
- ☐ 0.3 cup pepper jelly red

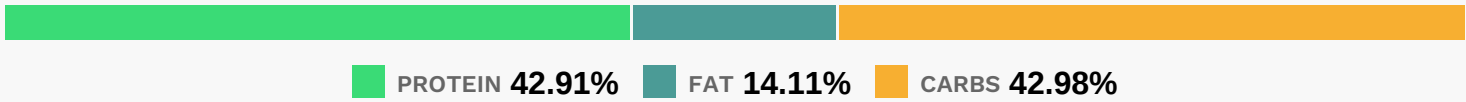
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees F).
- ☐ Arrange chicken breasts in a baking dish so they are not crowded. In a cup or small bowl, mix together the pepper jelly, mustard and honey; pour over chicken to coat.
- ☐ Bake uncovered for about 1 hour, basting occasionally, until chicken is no longer pink, and the juices run clear.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:12.36, Inflammation Score:-5, Nutrition Score:13.995217546173%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.59kcal (11.53%), Fat: 3.67g (5.64%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 23.92g (8.7%), Sugar: 24.01g (26.68%), Cholesterol: 72.32mg (24.11%), Sodium: 360.96mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.16%), Selenium: 43.45µg (62.08%), Vitamin B3: 12.06mg (60.29%), Vitamin B6: 0.9mg (45.18%), Phosphorus: 264.07mg (26.41%), Vitamin C: 17.47mg (21.18%), Vitamin B5: 1.73mg (17.31%), Potassium: 490.11mg (14%), Magnesium: 41.4mg (10.35%), Vitamin A: 437.4IU (8.75%), Vitamin B2: 0.15mg (8.7%), Vitamin B1: 0.12mg (7.88%), Manganese: 0.14mg (7%), Zinc: 0.88mg (5.88%), Iron: 0.92mg (5.11%), Fiber: 1.21g (4.84%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.48mg (3.22%), Folate: 12.25µg (3.06%), Copper: 0.06mg (2.91%), Calcium: 21.29mg (2.13%), Vitamin K: 1.15µg (1.09%)