

Saucy Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds meaty chicken pieces
- 0.5 cup smucker's® orange marmalade sweet
- 0.5 cup soya sauce
- 0.5 cup dickinson's® tomato ketchup
- 0.5 cup water

Equipment

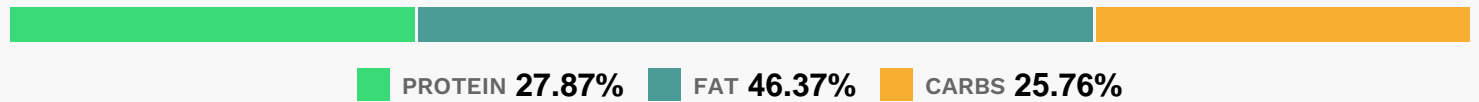
- bowl
- oven

baking pan

Directions

- In a large bowl, combine marmalade, soy sauce, ketchup and water.
- Add chicken pieces and cover. Refrigerate for three to four hours, or overnight, turning chicken pieces occasionally.
- Remove chicken and place in a single layer, skin side up, in a baking pan.
- Brush with marinade.
- Bake, uncovered, in a 375 degrees F oven 45 to 50 minutes, or until chicken is tender.
- Brush with marinade several times during cooking, to within 15 minutes of removing from oven. Discard remaining marinade.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:21.393913051356%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 747.43kcal (37.37%), Fat: 38.79g (59.67%), Saturated Fat: 11.09g (69.3%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 47.67g (17.33%), Sugar: 41.18g (45.75%), Cholesterol: 192.78mg (64.26%), Sodium: 2734.48mg (118.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.45g (104.9%), Vitamin B3: 19.61mg (98.04%), Selenium: 37.92µg (54.17%), Vitamin B6: 1.05mg (52.51%), Phosphorus: 440.64mg (44.06%), Vitamin B2: 0.45mg (26.29%), Vitamin B5: 2.51mg (25.11%), Zinc: 3.63mg (24.18%), Potassium: 699.9mg (20%), Iron: 3.45mg (19.19%), Magnesium: 73.53mg (18.38%), Manganese: 0.29mg (14.6%), Vitamin B12: 0.8µg (13.28%), Copper: 0.26mg (13.19%), Vitamin B1: 0.18mg (12.27%), Vitamin A: 598.12IU (11.96%), Vitamin C: 8.31mg (10.08%), Vitamin E: 1.39mg (9.25%), Folate: 30.78µg (7.7%), Calcium: 63.46mg (6.35%), Vitamin K: 5.06µg (4.81%), Vitamin D: 0.51µg (3.43%), Fiber: 0.8g (3.21%)