



## Shandong Chinese Chicken



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter melted
- 4 chicken leg quarters
- 0.8 teaspoon ground pepper black
- 2 tablespoons horseradish prepared
- 0.5 cup mayonnaise
- 1 pinch salt
- 0.3 cup water
- 1 tablespoon sugar white

0.5 cup vinegar white

## Equipment

bowl

baking sheet

oven

aluminum foil

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil, and brush the foil with melted butter.

In a medium bowl, mix together the vinegar, water, mayonnaise, horseradish, sugar, salt and pepper until well blended. Coat each piece of chicken heavily with the sauce, and place onto the prepared baking sheet.

Bake, uncovered, for about 45 minutes in the preheated oven. Baste occasionally with remaining sauce. Chicken is done when the juices run clear, and the meat is no longer pink.

Serve with rice or noodles.

## Nutrition Facts

 **PROTEIN 16.78%** **FAT 79.99%** **CARBS 3.23%**

## Properties

Glycemic Index:71.77, Glycemic Load:2.44, Inflammation Score:-3, Nutrition Score:12.718695640564%

## Nutrients (% of daily need)

Calories: 578.87kcal (28.94%), Fat: 50.7g (77.99%), Saturated Fat: 13.36g (83.48%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.77g (4.19%), Cholesterol: 168.42mg (56.14%), Sodium: 376.75mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.92g (47.85%), Vitamin K: 49.88µg (47.5%), Selenium: 28.14µg (40.2%), Vitamin B3: 6.75mg (33.73%), Vitamin B6: 0.5mg (25.23%), Phosphorus: 240.06mg (24.01%), Vitamin B12: 0.97µg (16.17%), Vitamin B5: 1.54mg (15.36%), Zinc: 1.93mg (12.84%), Vitamin B2: 0.2mg (11.85%), Potassium: 327.64mg (9.36%), Vitamin E: 1.39mg (9.26%), Magnesium: 31.01mg (7.75%), Vitamin B1: 0.11mg (7.41%), Vitamin A: 308.04IU (6.16%), Iron: 1.11mg (6.15%), Manganese: 0.1mg (5%), Copper: 0.09mg (4.64%), Folate: 10.28µg (2.57%), Calcium: 23.73mg (2.37%), Vitamin C: 1.87mg (2.26%), Fiber: 0.34g (1.37%), Vitamin D: 0.2µg

(1.34%)