



Smoky Honey-Roasted Chicken

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 lb meat from a rotisserie chicken quartered
- 2 Tbsp honey
- 0.3 cup a.1. steak sauce smoky mesquite
- 1.3 lb sweet potatoes cut into spears (3)

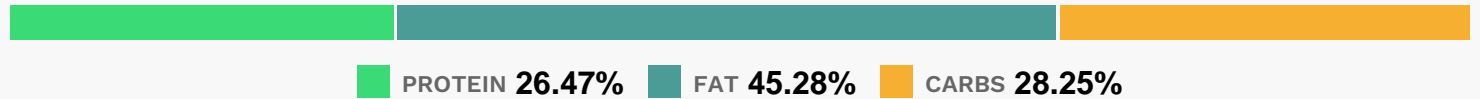
Equipment

- frying pan
- oven

Directions

- Heat oven to 400F.
- Place chicken, skin-sides up, in 15x10x1-inch pan.
- Add potatoes.
- Bake 1 hour or until chicken is done (165F) and potatoes are tender, brushing chicken occasionally with combined steak sauce and honey for the last 15 min.

Nutrition Facts



Properties

Glycemic Index:11.03, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:12.045652306598%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 230.97kcal (11.55%), Fat: 11.52g (17.72%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 14.37g (5.23%), Sugar: 6.4g (7.11%), Cholesterol: 57.15mg (19.05%), Sodium: 182.04mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Vitamin A: 8167.98IU (163.36%), Vitamin B3: 5.56mg (27.79%), Vitamin B6: 0.39mg (19.62%), Selenium: 11.39µg (16.28%), Phosphorus: 140.78mg (14.08%), Vitamin B5: 1.15mg (11.5%), Potassium: 355.69mg (10.16%), Manganese: 0.17mg (8.72%), Zinc: 1.2mg (7.98%), Vitamin B2: 0.13mg (7.69%), Magnesium: 30.5mg (7.63%), Fiber: 1.8g (7.19%), Copper: 0.13mg (6.74%), Iron: 1.13mg (6.28%), Vitamin B1: 0.09mg (6.13%), Vitamin B12: 0.24µg (3.94%), Vitamin C: 3mg (3.64%), Vitamin E: 0.44mg (2.96%), Folate: 11.37µg (2.84%), Calcium: 26.77mg (2.68%), Vitamin K: 2.29µg (2.18%), Vitamin D: 0.15µg (1.02%)