



Spiced Cold Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



6

CALORIES



343 kcal

Ingredients

- 2 teaspoons brown sugar
- 4 pound meat from a rotisserie chicken cut into 8 pieces
- 1 teaspoon mustard dry
- 6 servings kosher salt and pepper
- 1 tablespoon olive oil
- 1 tablespoon paprika sweet

Equipment

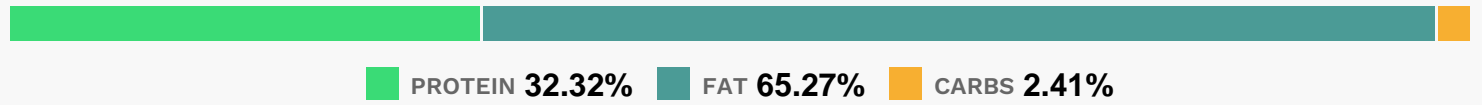
- bowl
- paper towels

- oven
- roasting pan

Directions

- Heat oven to 400 F. Pat the chicken dry with paper towels and place in a large roasting pan. In a small bowl, combine the paprika, sugar, mustard, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the olive oil. Rub evenly over the chicken and roast until cooked through, 45 minutes.
- Serve hot, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:10.975652114205%

Nutrients (% of daily need)

Calories: 342.75kcal (17.14%), Fat: 24.46g (37.64%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.44g (1.6%), Cholesterol: 108.86mg (36.29%), Sodium: 296.65mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.5%), Vitamin B3: 10.01mg (50.03%), Selenium: 21.69µg (30.98%), Vitamin B6: 0.53mg (26.74%), Phosphorus: 219.85mg (21.98%), Vitamin A: 777.94IU (15.56%), Vitamin B5: 1.35mg (13.55%), Zinc: 1.97mg (13.15%), Vitamin B2: 0.19mg (11.14%), Iron: 1.61mg (8.93%), Potassium: 305.23mg (8.72%), Magnesium: 32.46mg (8.12%), Vitamin E: 1.13mg (7.52%), Vitamin B12: 0.45µg (7.5%), Vitamin B1: 0.09mg (6.24%), Vitamin K: 4.54µg (4.32%), Copper: 0.08mg (4.05%), Vitamin C: 2.36mg (2.86%), Manganese: 0.06mg (2.78%), Folate: 9.83µg (2.46%), Calcium: 20.77mg (2.08%), Vitamin D: 0.29µg (1.94%), Fiber: 0.45g (1.79%)