



Spicy Almond Chicken



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



8

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup blanched slivered almonds
- ☐ 3 tablespoons brown sugar
- ☐ 3 tablespoons butter
- ☐ 3 pound meat from a rotisserie chicken cut into pieces
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 14 ounce currant jelly red
- ☐ 0.5 cup mustard yellow

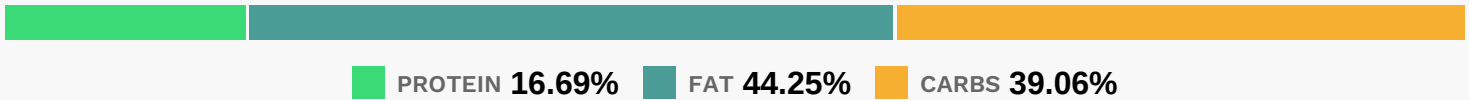
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add chicken and saute for about 10 minutes, or until lightly browned on all sides.
- ☐ Remove chicken from skillet and place in a 9x13 inch baking dish. Set aside.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To skillet add jelly, mustard, almonds, sugar, juice and cinnamon. Stir together and cook over medium heat, stirring constantly, until jelly dissolves.
- ☐ Pour mixture over chicken.
- ☐ Cover dish and bake in the preheated oven for 30 minutes.
- ☐ Remove cover and bake an additional 10 minutes, or until chicken is cooked through (no longer pink inside).

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:18.55, Inflammation Score:-4, Nutrition Score:9.827391329019%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 418.66kcal (20.93%), Fat: 20.67g (31.8%), Saturated Fat: 6.53g (40.82%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 39.08g (14.21%), Sugar: 29.06g (32.29%), Cholesterol: 72.52mg (24.17%), Sodium: 280.57mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.09%), Vitamin B3: 5.91mg (29.53%),

Selenium: 18.37µg (26.24%), Phosphorus: 180.54mg (18.05%), Vitamin B6: 0.32mg (15.91%), Vitamin E: 2.09mg (13.95%), Manganese: 0.25mg (12.46%), Vitamin B2: 0.2mg (11.55%), Magnesium: 44.68mg (11.17%), Zinc: 1.41mg (9.4%), Vitamin C: 7.19mg (8.72%), Copper: 0.17mg (8.64%), Vitamin B5: 0.84mg (8.38%), Iron: 1.49mg (8.3%), Fiber: 1.96g (7.84%), Potassium: 271.99mg (7.77%), Vitamin B1: 0.1mg (6.69%), Vitamin A: 257.62IU (5.15%), Calcium: 51.11mg (5.11%), Vitamin B12: 0.26µg (4.37%), Folate: 15.71µg (3.93%), Vitamin K: 1.86µg (1.78%), Vitamin D: 0.16µg (1.09%)