

Sticky Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13 cut up chicken pieces
- 2 teaspoons garlic minced
- 1 teaspoon coarse ground pepper black
- 0.5 juice of lemon juiced
- 0.5 cup catsup
- 0.5 cup chutney
- 2 teaspoons pepper sauce hot
- 1 teaspoon salt

0.3 cup vegetable oil

Equipment

oven

casserole dish

Directions

Place chicken pieces in a shallow casserole dish.

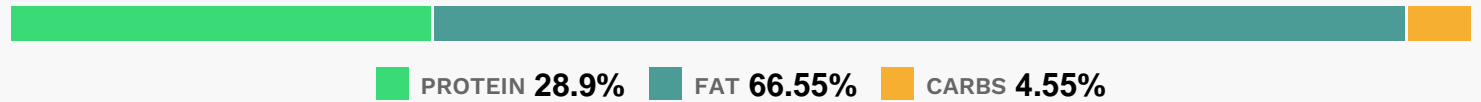
Mix together oil, ketchup, chutney, garlic, salt, black pepper, pepper sauce, and lemon juice.

Pour over chicken pieces.

Bake at 400 degrees F (205 degrees C) for 20 minutes. Reduce heat to 325 degrees F (165 degrees C).

Bake a further 30 minutes, or until pieces are tender and cooked through.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:19.204782773619%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 659.42kcal (32.97%), Fat: 48.01g (73.86%), Saturated Fat: 12.77g (79.81%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 7.2g (2.62%), Sugar: 4.35g (4.84%), Cholesterol: 187.85mg (62.62%), Sodium: 1081.34mg (47.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.91g (93.82%), Vitamin B3: 17.34mg (86.68%), Selenium: 36.37µg (51.96%), Vitamin B6: 0.92mg (46.24%), Phosphorus: 375.79mg (37.58%), Vitamin B5: 2.3mg (23.04%), Zinc: 3.33mg (22.23%), Vitamin K: 21.66µg (20.62%), Vitamin B2: 0.34mg (19.82%), Vitamin A: 920.79IU (18.42%), Potassium: 542.6mg (15.5%), Magnesium: 53.74mg (13.44%), Iron: 2.39mg (13.26%), Vitamin B12: 0.78µg (12.94%), Vitamin C: 9.94mg (12.05%), Vitamin E: 1.8mg (11.97%), Vitamin B1: 0.16mg (10.39%), Copper: 0.15mg (7.29%), Manganese: 0.13mg (6.43%), Folate: 17.49µg (4.37%), Calcium: 34.33mg (3.43%), Vitamin D: 0.5µg (3.34%)