



Sunday Sticky Chicken

READY IN



80 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 6 servings ground pepper black to taste
- ☐ 2 cups milk
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

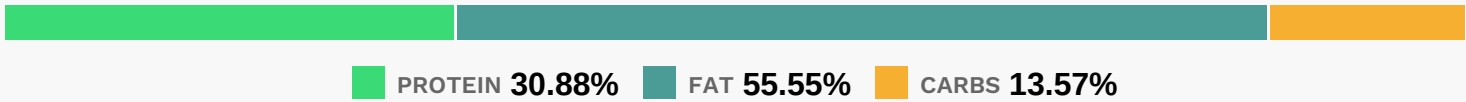
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large resealable plastic bag, combine the flour, seasoned salt and ground black pepper.
- ☐ Place the chicken parts in the bag and shake to coat.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Place the chicken parts in the hot oil and lightly brown quickly on all sides.
- ☐ Transfer chicken parts to a Dutch oven, add the milk and broth and cover.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour.
- ☐ Remove from oven and transfer chicken to a serving dish. In a separate small bowl, combine the cornstarch and water, and mix well until the cornstarch is dissolved.
- ☐ Add the cornstarch mixture a little at a time to the liquid in the Dutch oven, until you reach your desired consistency.
- ☐ Serve this gravy over the chicken or on the side.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:12.96, Inflammation Score:-5, Nutrition Score:19.979130672372%

Nutrients (% of daily need)

Calories: 649.08kcal (32.45%), Fat: 39.3g (60.47%), Saturated Fat: 10.73g (67.06%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 20.99g (7.63%), Sugar: 3.97g (4.41%), Cholesterol: 152.88mg (50.96%), Sodium: 851.37mg (37.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.33%), Vitamin B3: 12.83mg (64.16%), Selenium: 42.16µg (60.23%), Phosphorus: 423.17mg (42.32%), Vitamin B6: 0.7mg (34.86%), Zinc: 4.1mg (27.32%), Vitamin B2: 0.46mg (26.94%), Vitamin B12: 1.57µg (26.24%), Vitamin K: 20.93µg (19.93%), Vitamin B1: 0.3mg (19.75%), Iron: 3.18mg (17.69%), Vitamin B5: 1.72mg (17.17%), Potassium: 524.9mg (15%), Magnesium: 56.71mg (14.18%), Calcium: 129.73mg (12.97%), Folate: 48.22µg (12.06%), Vitamin E: 1.45mg (9.68%), Manganese: 0.19mg (9.37%), Vitamin A: 456.78IU (9.14%), Vitamin D: 1.25µg (8.36%), Copper: 0.14mg (6.93%), Vitamin C: 2.32mg (2.82%), Fiber: 0.6g (2.4%)