

Sunshine Chicken

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken thighs
- 0.3 cup plus
- 1 pinch garlic powder
- 0.5 cup catsup
- 2 tablespoons soya sauce

Equipment

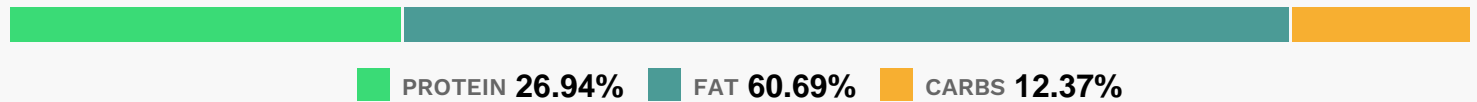
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Rinse the chicken pieces and place them, single layer and skin side up, in a 9x13 inch baking dish.
- Mix the soy sauce, ketchup, corn syrup and garlic powder in a small bowl. Baste the chicken with the sauce, reserving some sauce for basting during baking.
- Bake uncovered in the preheated oven, basting approximately every 15 minutes, for 1 hour (or until chicken is done and juices run clear).

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:3.18, Inflammation Score:-4, Nutrition Score:23.863913056643%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 841.12kcal (42.06%), Fat: 56.59g (87.06%), Saturated Fat: 15.24g (95.24%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 25.79g (9.38%), Sugar: 22.91g (25.46%), Cholesterol: 333.39mg (111.13%), Sodium: 1050.02mg (45.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.51g (113.02%), Selenium: 64.05µg (91.5%), Vitamin B3: 16.58mg (82.92%), Vitamin B6: 1.23mg (61.63%), Phosphorus: 557.11mg (55.71%), Vitamin B12: 2.18µg (36.29%), Vitamin B5: 3.5mg (35.04%), Vitamin B2: 0.51mg (30.15%), Zinc: 4.44mg (29.58%), Potassium: 801.29mg (22.89%), Vitamin B1: 0.27mg (18.2%), Magnesium: 72.37mg (18.09%), Iron: 2.6mg (14.44%), Copper: 0.21mg (10.56%), Vitamin A: 419.25IU (8.39%), Vitamin E: 1.15mg (7.68%), Vitamin K: 8.04µg (7.66%), Manganese: 0.13mg (6.46%), Folate: 14.54µg (3.63%), Calcium: 36.31mg (3.63%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.23mg (1.49%)