



Sweet Mustard Chicken Bake

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup butter melted
- 0.3 cup dijon mustard
- 0.5 cup honey
- 4 chicken breast halves boneless skinless

Equipment

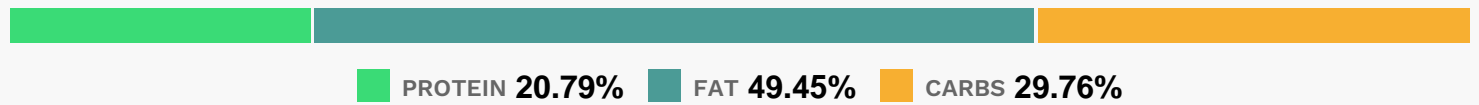
- bowl
- oven

baking pan

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a shallow baking dish.
- In a small bowl, stir together the honey, Dijon mustard, melted butter and pepper.
- Place chicken in the greased baking dish, and pour the honey mustard sauce over it.
- Bake for 45 minutes in the preheated oven, basting frequently with the sauce, until chicken is firm and juices run clear.

Nutrition Facts



Properties

Glycemic Index:41.57, Glycemic Load:18.28, Inflammation Score:-5, Nutrition Score:13.227391227432%

Nutrients (% of daily need)

Calories: 470.9kcal (23.54%), Fat: 26.47g (40.72%), Saturated Fat: 15.27g (95.42%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 35.05g (12.75%), Sugar: 35.03g (38.92%), Cholesterol: 133.33mg (44.44%), Sodium: 486.44mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.03g (50.07%), Selenium: 42.08µg (60.11%), Vitamin B3: 11.94mg (59.69%), Vitamin B6: 0.87mg (43.42%), Phosphorus: 262.81mg (26.28%), Vitamin B5: 1.72mg (17.19%), Vitamin A: 754.72IU (15.09%), Potassium: 471.95mg (13.48%), Magnesium: 38.48mg (9.62%), Vitamin B2: 0.15mg (8.78%), Vitamin B1: 0.1mg (6.89%), Manganese: 0.13mg (6.58%), Vitamin E: 0.93mg (6.19%), Zinc: 0.88mg (5.84%), Iron: 0.86mg (4.79%), Vitamin B12: 0.27µg (4.57%), Fiber: 0.79g (3.14%), Copper: 0.06mg (2.95%), Calcium: 25.36mg (2.54%), Vitamin K: 2.65µg (2.52%), Vitamin C: 1.63mg (1.98%), Folate: 7.33µg (1.83%)