



Tangy Chicken Legs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounces chicken leg quarters
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup apple sauce unsweetened

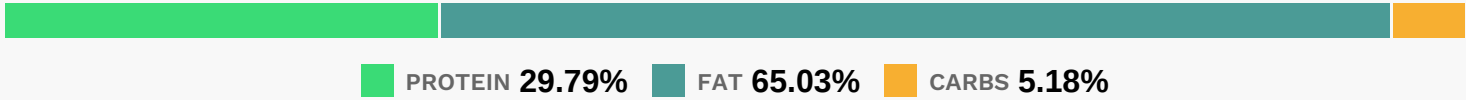
Equipment

- ☐ broiler pan

Directions

- ☐ Place chicken on a broiler pan coated with cooking spray.
- ☐ Sprinkle with garlic powder; broil 20 minutes.
- ☐ Combine applesauce and soy sauce; brush over chicken. Turn chicken over; broil an additional 10 minutes or until done, basting frequently with applesauce mixture.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:12.2765218222681%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 392.58kcal (19.63%), Fat: 28.1g (43.23%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.55g (1.66%), Sugar: 2.95g (3.28%), Cholesterol: 165.31mg (55.1%), Sodium: 706.72mg (30.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.91%), Selenium: 31.8µg (45.43%), Vitamin B3: 8.04mg (40.22%), Vitamin B6: 0.62mg (30.93%), Phosphorus: 296.15mg (29.62%), Vitamin B12: 1.08µg (17.99%), Vitamin B5: 1.78mg (17.8%), Vitamin B2: 0.27mg (15.93%), Zinc: 2.26mg (15.04%), Potassium: 429.16mg (12.26%), Magnesium: 44.29mg (11.07%), Vitamin B1: 0.14mg (9.39%), Iron: 1.44mg (7.99%), Manganese: 0.11mg (5.31%), Copper: 0.1mg (5.21%), Vitamin K: 3.7µg (3.52%), Folate: 13.19µg (3.3%), Vitamin E: 0.47mg (3.14%), Vitamin A: 140.42IU (2.81%), Calcium: 19.81mg (1.98%), Fiber: 0.48g (1.92%), Vitamin D: 0.17µg (1.12%)