



Teriyaki Chicken for the Busy Cook



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 pound meat from a rotisserie chicken cut into pieces



0.5 cup soya sauce

Equipment



oven

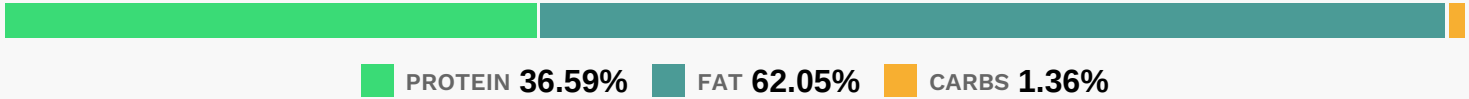


baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix the soy sauce and the orange soda in a 9x13 inch baking dish.
- ☐ Add the chicken, turning to coat evenly.
- ☐ Bake, skin side down, for 30 minutes. Turn and bake for an additional 30 minutes.
- ☐ Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:16.049130178016%

Nutrients (% of daily need)

Calories: 485.51kcal (24.28%), Fat: 32.82g (50.49%), Saturated Fat: 9.39g (58.67%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.49g (0.55%), Cholesterol: 163.29mg (54.43%), Sodium: 1772.35mg (77.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.54g (87.09%), Vitamin B3: 15.95mg (79.77%), Selenium: 31.58µg (45.12%), Vitamin B6: 0.82mg (41%), Phosphorus: 357.75mg (35.78%), Vitamin B5: 2.09mg (20.9%), Zinc: 2.98mg (19.85%), Vitamin B2: 0.31mg (17.96%), Iron: 2.65mg (14.72%), Magnesium: 55.14mg (13.79%), Potassium: 472.98mg (13.51%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.15mg (9.85%), Manganese: 0.19mg (9.3%), Copper: 0.14mg (7.18%), Vitamin A: 304.81IU (6.1%), Folate: 18.28µg (4.57%), Vitamin E: 0.65mg (4.35%), Vitamin C: 3.48mg (4.22%), Vitamin K: 3.27µg (3.11%), Calcium: 29.75mg (2.97%), Vitamin D: 0.44µg (2.9%)