



Yummy Baked Chicken Thighs in Tangy Sauce

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



402 kcal

SAUCE

Ingredients

- 0.3 cup apple cider vinegar
- 0.3 cup butter melted
- 0.5 teaspoon ground pepper black
- 1 cup catsup
- 1 teaspoon mustard prepared
- 1 onion chopped
- 1 tablespoon paprika
- 1 teaspoon salt

- 3 pounds chicken thighs skinless
- 1 dash steak sauce (such as A.1.®)
- 0.5 cup water
- 1 tablespoon sugar white
- 1 tablespoon worcestershire sauce

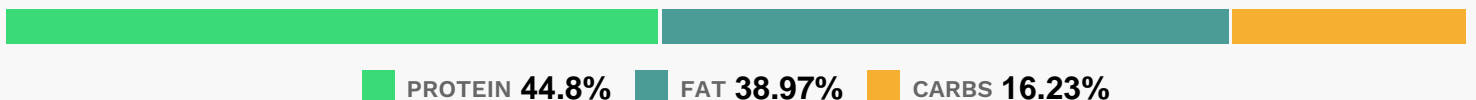
Equipment

- sauce pan
- oven
- whisk
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Whisk ketchup, water, vinegar, butter, onion, paprika, sugar, Worcestershire sauce, mustard, salt, pepper, and steak sauce together in a saucepan. Bring to a simmer; cook 5 minutes, stirring occasionally, for flavors to blend.
- Spread chicken thighs in a single layer in a baking dish.
- Pour sauce over chicken thighs.
- Bake chicken in the preheated oven until thighs are cooked through and sauce is bubbling, about 2 hours. An instant-read meat thermometer inserted into the thickest part of a thigh should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:21.324347962504%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 402.48kcal (20.12%), Fat: 17.24g (26.52%), Saturated Fat: 7.24g (45.25%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 15.24g (5.54%), Sugar: 11.79g (13.09%), Cholesterol: 235.79mg (78.6%), Sodium: 1065.03mg (46.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.6g (89.2%), Selenium: 52.13µg (74.47%), Vitamin B3: 13.41mg (67.05%), Vitamin B6: 1.12mg (56.05%), Phosphorus: 449.74mg (44.97%), Vitamin B2: 0.5mg (29.14%), Vitamin B5: 2.81mg (28.07%), Vitamin B12: 1.47µg (24.46%), Zinc: 3.63mg (24.18%), Potassium: 760.15mg (21.72%), Vitamin A: 1075.22IU (21.5%), Magnesium: 63.42mg (15.85%), Vitamin B1: 0.23mg (15%), Iron: 2.45mg (13.63%), Vitamin E: 1.56mg (10.42%), Copper: 0.19mg (9.5%), Vitamin K: 9.77µg (9.3%), Manganese: 0.18mg (8.86%), Folate: 17.34µg (4.33%), Calcium: 41.68mg (4.17%), Vitamin C: 3.39mg (4.11%), Fiber: 0.92g (3.68%)