

Food.

CHILI MAPLE GLAZED DUMP CHICKEN OAMC

Recipe by Pamela

I love dump recipes and this one is an easy 4 ingredient one!



READY IN: 55mins

SERVES: 4

UNITS: US

INGREDIENTS

- 1 ½ lbs chicken pieces (breasts, thighs, or wings)
- ½ teaspoon salt
- ½ cup maple syrup
- 1 tablespoon chili powder

NUTRITION INFO

Serving Size: 1 (145) g

Servings Per Recipe: 4

AMT. PER SERVING	% DAILY VALUE
Calories: 330.5	
Calories from Fat 143 g	43 %
Total Fat 15.9 g	24 %
Saturated Fat 4.5 g	22 %
Cholesterol 77.6 mg	25 %

Sodium 400.7 mg	16 %
Total Carbohydrate 27.4 g	9 %
Dietary Fiber 0.7 g	2 %
Sugars 23.9 g	95 %
Protein 19.5 g	39 %

DIRECTIONS

For immediate cooking: Pre-heat oven to 350°F Place all ingredients into a large baking dish, turn chicken to coat. Bake until chicken juices run clear (45-60 minutes for chicken pieces, or 20-30 minutes for chicken breasts).

For freezing: Place all ingredients into a 1 Gallon freezer bag. Lay flat in freezer.

To thaw and cook: Take the bag out of the freezer the night before, make sure the bag is sealed completely.

For the oven: Preheat the oven to 350°F Empty the contents of the bag into a large baking dish and bake until the juices run clear (45-60 minutes for chicken pieces, or 20-30 minutes for chicken breasts).

For the crockpot: cook on low for 6-8 hours or on high for 4-6 or until done.

On the grill: cook over medium heat until juices run clear.