

Orange Marmalade Chicken

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-orange-marmalade-chicken-recipe>

Ingredients:

- 2 chicken drumsticks skin on
- 2 chicken thighs skin on or off
- 1/2 teaspoon sea salt
- 1 pinch ground pepper
- 3 tablespoons orange marmalade I use this brand with no added sugar
- 4 teaspoons wholegrain mustard I use this brand which has very little sugar added
- 4 teaspoons lemon juice

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 300 milligrams
4. Fat: 50 grams
5. Fiber: 1 grams
6. Protein: 62 grams
7. SaturatedFat: 13 grams
8. Sodium: 1000 milligrams
9. Sugar: 18 grams

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