

# BBQ Ground Beef-Stuffed Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**95 min.**

SERVINGS



**35**

CALORIES



**102 kcal**

SIDE DISH

## Ingredients

- 0.8 cup original barbecue sauce divided kraft
- 2 stalks celery chopped
- 0.5 lb ground beef lean
- 0.5 optional: lemon
- 1 small onion chopped
- 0.3 tsp pepper
- 4 lb roasting chickens
- 1 small tomatoes chopped

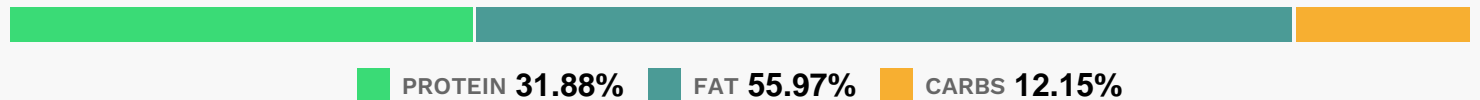
## Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Heat oven to 375F.
- Brown meat with vegetables in skillet on medium-high heat; drain. Stir in 1/4 cup barbecue sauce.
- Place chicken in 13x9-inch baking dish. Squeeze lemon juice over outside of chicken and inside body cavity. Season with pepper. Stuff chicken with meat mixture.
- Brush with remaining barbecue sauce.
- Bake 45 min. Reduce oven temperature to 325F. Cover chicken with foil; bake 30 min. or until done (165F).
- Let stand, covered, 10 min. before serving chicken with the stuffing.

## Nutrition Facts



## Properties

Glycemic Index:4.41, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.0678260886799%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 102.09kcal (5.1%), Fat: 6.23g (9.58%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.26g (2.51%), Cholesterol: 36.56mg (12.19%), Sodium: 95.58mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Vitamin B3: 2.85mg (14.26%), Vitamin B12: 0.52µg (8.66%), Selenium: 5.62µg (8.03%), Vitamin B6: 0.16mg (7.93%), Phosphorus: 78.52mg (7.85%), Vitamin A: 365.12IU (7.3%), Zinc: 0.84mg (5.58%), Vitamin B2: 0.08mg (4.78%), Vitamin B5: 0.45mg (4.51%), Iron: 0.74mg (4.1%), Potassium: 128.15mg (3.66%), Folate: 12.05µg (3.01%), Vitamin C: 2.34mg (2.83%), Magnesium: 10.3mg (2.57%), Vitamin B1: 0.03mg (1.96%), Copper: 0.04mg (1.8%), Manganese: 0.03mg (1.44%)