



## Best BBQ Chicken

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tbsp heinz apple cider vinegar
- 0.3 cup firmly brown sugar packed
- 0.5 cup heinz mustard yellow
- 3 Tbsp oil
- 1 lb chicken breasts boneless skinless

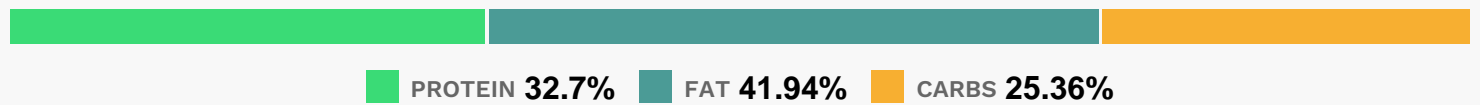
## Equipment

- grill

## Directions

- Preheat greased grill to medium heat.
- Mix mustard, brown sugar, oil and vinegar.
- Remove half of the mustard sauce; set aside for serving with the grilled chicken.
- Grill chicken 20 minutes or until cooked through, turning and brushing occasionally with the remaining mustard sauce.
- Serve with the reserved mustard mixture.

## Nutrition Facts



## Properties

Glycemic Index:2.88, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.2469565372752%

## Nutrients (% of daily need)

Calories: 49.97kcal (2.5%), Fat: 2.32g (3.57%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2.92g (3.25%), Cholesterol: 11.61mg (3.87%), Sodium: 76.71mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.13%), Selenium: 7.54µg (10.77%), Vitamin B3: 1.92mg (9.62%), Vitamin B6: 0.14mg (7.03%), Phosphorus: 43.69mg (4.37%), Vitamin B5: 0.28mg (2.77%), Vitamin E: 0.35mg (2.31%), Potassium: 79.37mg (2.27%), Magnesium: 7.43mg (1.86%), Manganese: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.4%), Vitamin B2: 0.02mg (1.26%), Vitamin K: 1.31µg (1.25%)