



Cajun Barbecued Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



225 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cajun spice
- ☐ 6 chicken breast halves boneless skinless
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup white wine

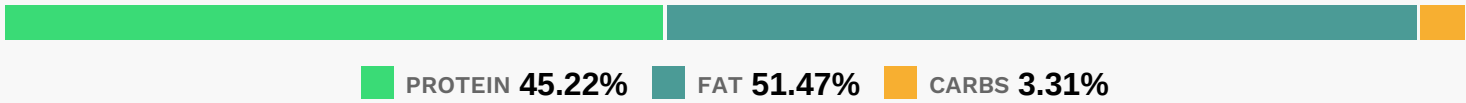
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a bowl, mix the oil, white wine, and Cajun seasoning.
- ☐ Place chicken in the bowl, and coat with the mixture. Cover, and refrigerate for at least 3 hours.
- ☐ Preheat the grill for high heat.
- ☐ Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook for 6 to 8 minutes on each side, until juices run clear.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:13.794782602269%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 232.1kcal (11.6%), Fat: 12.31g (18.94%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.43g (0.48%), Cholesterol: 72.32mg (24.11%), Sodium: 133.67mg (5.81%), Alcohol: 2.06g (100%), Alcohol %: 1.81% (100%), Protein: 24.33g (48.67%), Vitamin B3: 12.04mg (60.21%), Selenium: 36.33µg (51.9%), Vitamin B6: 0.91mg (45.32%), Phosphorus: 248.23mg (24.82%), Vitamin A: 1183.16IU (23.66%), Vitamin K: 18.88µg (17.98%), Vitamin B5: 1.68mg (16.78%), Potassium: 485.5mg (13.87%), Vitamin E: 1.64mg (10.91%), Magnesium: 35.53mg (8.88%), Vitamin B2: 0.14mg (8.51%), Vitamin B1: 0.08mg (5.4%), Iron: 0.97mg (5.37%), Zinc: 0.78mg (5.2%), Manganese: 0.08mg (3.87%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.81g (3.26%), Copper: 0.05mg (2.4%), Vitamin C: 1.38mg (1.67%), Folate: 5.86µg (1.47%), Calcium: 12.79mg (1.28%)