



Cedar-Planked Honey-Spiced Chicken

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

READY IN



330 min.

SERVINGS



30

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 2 untreated cedar planks ()
- 4 lb chicken breasts bone-in
- 2 Tbsp grey poupon dijon mustard
- 1.5 tsp ground cinnamon
- 1 Tbsp ground cumin
- 0.3 cup honey
- 2 Tbsp oil

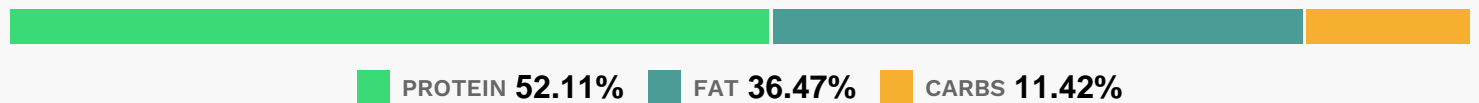
Equipment

grill

Directions

- Immerse cedar planks in water, placing weight on top of each plank to keep it submerged. Soak 4 hours.
- Heat grill to medium heat.
- Remove planks from water; brush tops of planks with oil.
- Place 2 chicken breasts on each plank.
- Place on grate of grill; cover with lid.
- Grill 30 min. Meanwhile, mix remaining ingredients until blended.
- Reserve 1/2 cup dressing mixture to serve with the cooked chicken.
- Brush chicken evenly with half the remaining dressing mixture. Grill 30 to 45 min. or until chicken is done (165F), brushing occasionally with remaining dressing mixture.
- Remove chicken from grill; discard planks.
- Remove and discard bones from chicken.
- Cut each breast in half.
- Serve with the reserved dressing mixture.

Nutrition Facts



Properties

Glycemic Index:3.14, Glycemic Load:1.22, Inflammation Score:-1, Nutrition Score:5.9986956858117%

Nutrients (% of daily need)

Calories: 101.89kcal (5.09%), Fat: 4.02g (6.19%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2.47g (2.75%), Cholesterol: 38.71mg (12.9%), Sodium: 117.02mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Vitamin B3: 6.33mg (31.64%), Selenium: 19.73µg (28.19%), Vitamin B6: 0.46mg (22.77%), Phosphorus: 129.28mg (12.93%), Vitamin B5: 0.87mg (8.67%),

Potassium: 230.88mg (6.6%), Magnesium: 17.07mg (4.27%), Vitamin B2: 0.06mg (3.7%), Vitamin B1: 0.04mg (2.79%), Zinc: 0.38mg (2.5%), Manganese: 0.04mg (2.24%), Iron: 0.4mg (2.19%), Vitamin B12: 0.12µg (2.02%), Vitamin E: 0.29mg (1.94%), Copper: 0.02mg (1.01%)