



## Citrus Barbecued Chicken Breasts

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

READY IN



**60 min.**

SERVINGS



**1**

CALORIES



**1557 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups original barbecue sauce kraft
- 0.3 cup orange juice
- 1 Tbsp orange zest
- 1.5 lb chicken breasts boneless skinless

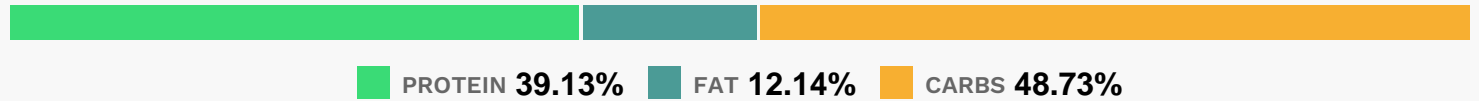
### Equipment

- grill

## Directions

- Mix first 3 ingredients. Reserve 1/2 cup sauce mixture.
- Pour remaining sauce mixture over chicken in shallow glass dish. Refrigerate 30 min. to marinate, turning after 15 min.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade.
- Grill chicken 5 min. on each side.
- Brush with reserved sauce mixture; grill 4 to 6 min. or until done (165F), turning and brushing occasionally with sauce mixture.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:4.38, Inflammation Score:-9, Nutrition Score:47.857391315958%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 1556.54kcal (77.83%), Fat: 20.5g (31.54%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 185.13g (61.71%), Net Carbohydrates: 180.47g (65.62%), Sugar: 149.37g (165.97%), Cholesterol: 435.45mg (145.15%), Sodium: 5208.96mg (226.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 148.63g (297.27%), Vitamin B3: 73.91mg (369.55%), Selenium: 223.44µg (319.21%), Vitamin B6: 5.46mg (273.07%), Phosphorus: 1529.93mg (152.99%), Vitamin B5: 10.59mg (105.86%), Potassium: 3690.77mg (105.45%), Vitamin C: 60.23mg (73.01%), Magnesium: 243.08mg (60.77%), Vitamin B2: 0.95mg (55.93%), Vitamin B1: 0.62mg (41.05%), Manganese: 0.65mg (32.71%), Vitamin E: 4.77mg (31.82%), Zinc: 4.73mg (31.55%), Iron: 5.48mg (30.42%), Vitamin A: 1355.61IU (27.11%), Copper: 0.53mg (26.72%), Vitamin B12: 1.36µg (22.68%), Calcium: 194.34mg (19.43%), Fiber: 4.66g (18.65%), Folate: 62.4µg (15.6%), Vitamin K: 9.17µg (8.73%), Vitamin D: 0.68µg (4.54%)