



## Cooper's Famous BBQ Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



110 min.

SERVINGS



50

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup hickory smoke barbecue sauce kraft
- 4 lb broiler-fryer chicken
- 1 chipotle pepper in adobo sauce canned chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft

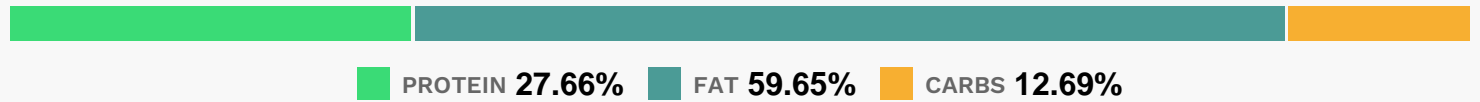
## Equipment

- grill

## Directions

- Pour dressing over chicken in shallow dish; turn to evenly coat both sides of each breast. Refrigerate 1 hour to marinate.
- Heat grill to medium heat.
- Mix barbecue sauce and peppers.
- Remove chicken from marinade; discard marinade.
- Grill chicken 40 min. or until done (165F), turning occasionally and brushing with barbecue sauce mixture for the last 15 min.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3204347847596%

## Nutrients (% of daily need)

Calories: 48.21kcal (2.41%), Fat: 3.14g (4.83%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.45g (0.53%), Sugar: 1.22g (1.36%), Cholesterol: 13.06mg (4.35%), Sodium: 64.99mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin B3: 1.2mg (6.02%), Selenium: 2.59µg (3.7%), Vitamin B6: 0.06mg (3.23%), Phosphorus: 26.53mg (2.65%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.23mg (1.56%), Vitamin K: 1.63µg (1.55%), Vitamin B2: 0.02mg (1.32%), Potassium: 41.53mg (1.19%), Iron: 0.19mg (1.05%)