



Crispy Barbecue Chicken Dinner

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 6 cups regular corn hot steamed
- 16 oz coleslaw blend (cabbage slaw mix)
- 0.8 cup 3/4 cup kraft lite zesty italian dressing italian kraft
- 2 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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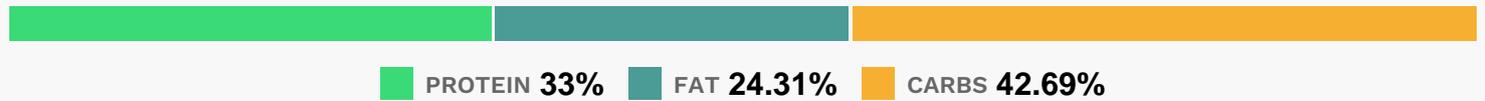
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400F. Toss coleslaw blend and dressing; cover. Refrigerate until ready to serve.
- Place barbecue sauce and coating mix in separate pie plates or shallow dishes. Dip chicken in barbecue sauce, then in coating mixture, turning over to evenly coat both sides of each chicken piece.
- Place in single layer in aluminum foil-lined 15x10x1-inch baking pan. Discard any remaining coating mixture.
- Bake 20 min. or until chicken is cooked through (170F).
- Serve with the coleslaw and corn.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:3.4, Inflammation Score:-2, Nutrition Score:5.7182608564263%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 90.12kcal (4.51%), Fat: 2.53g (3.89%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 8.83g (3.21%), Sugar: 4.1g (4.55%), Cholesterol: 19.35mg (6.45%), Sodium: 145.54mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.45%), Vitamin B3: 3.74mg (18.72%), Vitamin B6: 0.3mg (14.77%), Vitamin K: 15.05µg (14.33%), Selenium: 9.96µg (14.23%), Phosphorus: 92.98mg (9.3%), Vitamin C: 7.64mg (9.26%), Vitamin B5: 0.71mg (7.15%), Potassium: 220.73mg (6.31%), Magnesium: 18.6mg (4.65%), Fiber: 1.16g (4.64%), Manganese: 0.09mg (4.4%), Vitamin B1: 0.06mg (3.97%), Folate: 14.89µg (3.72%), Vitamin B2: 0.06mg (3.32%), Zinc: 0.41mg (2.71%), Vitamin A: 117.69IU (2.35%), Iron: 0.37mg (2.04%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.53%), Calcium: 10.82mg (1.08%), Vitamin B12: 0.06µg (1.01%)