

Easy BBQ Bake

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

READY IN



60 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup barbecue sauce
- 0.8 cup honey
- 0.5 cup catsup
- 1 onion chopped
- 4 chicken breast halves boneless skinless

Equipment

- bowl
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a medium bowl, combine the barbecue sauce, honey, ketchup and onion and mix well.
- Place chicken in a 9x13 inch baking dish.
- Pour sauce over the chicken and cover dish with foil.
- Bake at 400 degrees F (200 degrees C) for 45 minutes to 1 hour, or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:19.82, Glycemic Load:27.88, Inflammation Score:-4, Nutrition Score:14.344347850136%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 455.58kcal (22.78%), Fat: 3.32g (5.11%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 85.04g (28.35%), Net Carbohydrates: 83.88g (30.5%), Sugar: 77.54g (86.16%), Cholesterol: 72.32mg (24.11%), Sodium: 959.16mg (41.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.47%), Vitamin B3: 12.64mg (63.22%), Selenium: 37.71µg (53.88%), Vitamin B6: 0.98mg (49.11%), Phosphorus: 266.34mg (26.63%), Potassium: 700.01mg (20%), Vitamin B5: 1.79mg (17.89%), Vitamin B2: 0.22mg (13.2%), Magnesium: 44.27mg (11.07%), Manganese: 0.2mg (10.03%), Vitamin E: 1.09mg (7.25%), Vitamin B1: 0.1mg (6.71%), Iron: 1.19mg (6.62%), Zinc: 0.98mg (6.56%), Copper: 0.13mg (6.41%), Vitamin C: 5.26mg (6.38%), Vitamin A: 308.47IU (6.17%), Fiber: 1.17g (4.67%), Calcium: 37.99mg (3.8%), Vitamin B12: 0.23µg (3.77%), Folate: 14.79µg (3.7%), Vitamin K: 2.2µg (2.1%)