



## Easy BBQ Chicken with Stuffing Dinner

 Dairy Free

READY IN



17 min.

SERVINGS



17

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 4 ears corn on the cob
- 1.3 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken

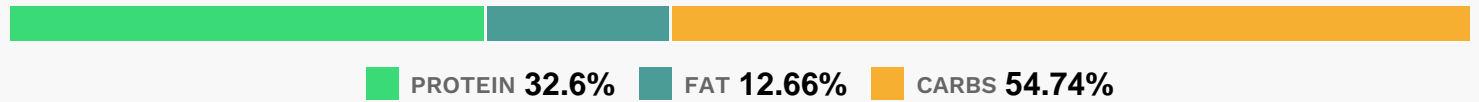
### Equipment

- broiler
- broiler pan

## Directions

- Preheat broiler.
- Place chicken on rack of broiler pan.
- Broil, 4 to 6 inches from heat, 3 minutes on each side.
- Brush with barbecue sauce. Continue broiling 4 to 6 minutes or until chicken is cooked through, turning and brushing occasionally with the remaining barbecue sauce. Meanwhile, cook the corn and prepare the stuffing mix as directed on package.
- Serve chicken with corn and the prepared stuffing.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.8278261410153%

## Nutrients (% of daily need)

Calories: 109.32kcal (5.47%), Fat: 1.54g (2.37%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 14.2g (5.16%), Sugar: 4.95g (5.5%), Cholesterol: 21.45mg (7.15%), Sodium: 269.09mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.89%), Selenium: 15.71µg (22.45%), Vitamin B3: 4.48mg (22.4%), Vitamin B6: 0.29mg (14.55%), Phosphorus: 104.68mg (10.47%), Vitamin B1: 0.12mg (7.72%), Vitamin B5: 0.68mg (6.81%), Folate: 27.21µg (6.8%), Potassium: 224.71mg (6.42%), Manganese: 0.11mg (5.48%), Magnesium: 21.6mg (5.4%), Vitamin B2: 0.09mg (5.3%), Iron: 0.67mg (3.71%), Fiber: 0.82g (3.28%), Zinc: 0.4mg (2.65%), Copper: 0.05mg (2.52%), Vitamin C: 1.89mg (2.29%), Calcium: 14.57mg (1.46%), Vitamin A: 68.65IU (1.37%), Vitamin E: 0.18mg (1.22%), Vitamin B12: 0.07µg (1.15%)