



Easy Glazed BBQ Chicken

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

READY IN



40 min.

SERVINGS



40

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 2 Tbsp orange marmalade
- 1 lb chicken breasts boneless skinless

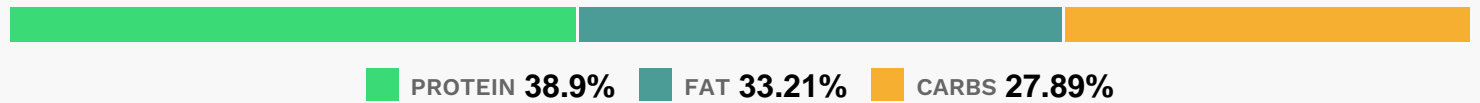
Equipment

- grill

Directions

- Heat grill to medium heat.
- Pour 1/4 cup dressing over chicken in shallow dish; turn to evenly coat both sides of each breast. Refrigerate 10 min.
- Meanwhile, mix barbecue sauce, marmalade and remaining dressing.
- Remove chicken from dressing; discard dressing. Grill chicken 5 to 7 min. on each side or until done (165F), brushing occasionally with barbecue sauce mixture for the last few minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2321739028329%

Nutrients (% of daily need)

Calories: 25.51kcal (1.28%), Fat: 0.92g (1.42%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.51g (1.68%), Cholesterol: 7.26mg (2.42%), Sodium: 61.29mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Vitamin B3: 1.2mg (5.99%), Selenium: 3.72µg (5.31%), Vitamin B6: 0.09mg (4.42%), Phosphorus: 24.65mg (2.47%), Vitamin B5: 0.16mg (1.65%), Vitamin K: 1.7µg (1.62%), Potassium: 48.94mg (1.4%)