



Fiesta Barbecue Chicken

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

READY IN



15 min.

SERVINGS



8

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 lb chicken breasts boneless skinless
- 1 pkt. taco bellâ® taco seasoning mix

Equipment

- grill
- ziploc bags

Directions

- Heat grill to medium heat.
- Empty seasoning mix into large resealable plastic bag.
- Add half the chicken; seal bag. Turn bag over several times to evenly coat chicken with seasoning.
- Remove chicken from bag. Repeat with remaining chicken.
- Grill chicken 3 min. on each side.
- Brush with barbecue sauce; grill 2 min. on each side or until done (165F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.086086832959%

Nutrients (% of daily need)

Calories: 160.25kcal (8.01%), Fat: 3.05g (4.69%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.96g (6.62%), Cholesterol: 72.57mg (24.19%), Sodium: 325.74mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin B3: 11.93mg (59.67%), Selenium: 36.52µg (52.17%), Vitamin B6: 0.86mg (43.14%), Phosphorus: 241.71mg (24.17%), Vitamin B5: 1.65mg (16.45%), Potassium: 461.04mg (13.17%), Magnesium: 31.81mg (7.95%), Vitamin B2: 0.12mg (7.26%), Vitamin B1: 0.08mg (5.11%), Zinc: 0.69mg (4.59%), Vitamin B12: 0.23µg (3.78%), Iron: 0.54mg (3.01%), Vitamin E: 0.36mg (2.39%), Copper: 0.04mg (2.17%), Manganese: 0.04mg (1.98%), Vitamin C: 1.52mg (1.85%), Vitamin A: 85.79IU (1.72%), Folate: 4.89µg (1.22%), Calcium: 11.57mg (1.16%)