



Grilled Chicken With Speedy BBQ Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups barbecue sauce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 bell pepper green finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 20 ounce chicken breast halves boneless skinless

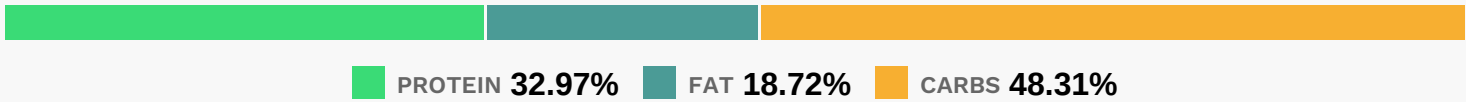
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat grill.
- ☐ Warm the oil in a medium saucepan over medium-low heat.
- ☐ Add the onion and green pepper; cook 5 minutes, stirring, until softened. Stir in barbecue sauce. Cook for 3 minutes to warm through and blend flavors, stirring often.
- ☐ Season chicken with salt and pepper.
- ☐ Combine the chicken and 1 cup of the sauce in a large zip-top plastic bag; flip to coat. Marinate in the refrigerator for 10 minutes or up to 2 hours.
- ☐ Remove the chicken from the marinade; discard remaining marinade and bag.
- ☐ Place the chicken on an oiled grill over medium-hot coals; cook 12 minutes, turning once.
- ☐ Serve chicken with the remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:17.815217450909%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 385.79kcal (19.29%), Fat: 7.89g (12.14%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 44.33g (16.12%), Sugar: 36.55g (40.61%), Cholesterol: 90.72mg (30.24%), Sodium: 1415.54mg (61.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.53%), Vitamin B3: 15.51mg (77.57%), Selenium: 46.83µg (66.9%), Vitamin B6: 1.19mg (59.62%), Phosphorus: 326.28mg (32.63%), Potassium: 821.12mg (23.46%), Vitamin B5: 2.23mg (22.29%), Vitamin C: 15.32mg (18.57%), Magnesium: 53.88mg (13.47%), Vitamin B2: 0.21mg (12.35%), Vitamin E: 1.69mg (11.27%), Manganese: 0.21mg (10.43%), Vitamin B1: 0.13mg (8.69%), Iron: 1.32mg

(7.35%), Zinc: 1.05mg (6.99%), Vitamin A: 338.76IU (6.78%), Copper: 0.13mg (6.62%), Fiber: 1.48g (5.93%), Vitamin K: 5.68µg (5.41%), Calcium: 47.81mg (4.78%), Vitamin B12: 0.28µg (4.72%), Folate: 11.94µg (2.98%)