



Grilled Chicken with White Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce chicken breast halves bone-in
- ☐ 1 teaspoon chipotle sauce
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon pepper black
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise light
- ☐ 1 teaspoon onion powder

- ☐ 1 teaspoon paprika
- ☐ 1 Dash salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vinegar white

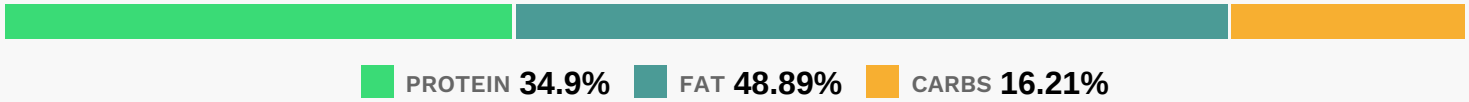
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-hot using both burners.
- ☐ To prepare chicken, loosen skin from breasts by inserting fingers, gently pushing between skin and meat.
- ☐ Combine salt and next 4 ingredients (salt through chile powder); rub under loosened skin.
- ☐ Turn left burner off (leave right burner on). Coat grill rack with cooking spray.
- ☐ Place chicken on grill rack over right burner; grill 5 minutes on each side or until browned. Move chicken to grill rack over left burner. Cover and cook 35 minutes or until done, turning once.
- ☐ Remove chicken from grill; discard skin.
- ☐ To prepare sauce, combine mayonnaise and remaining ingredients, stirring with a whisk.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:4.0826086894326%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 74.86kcal (3.74%), Fat: 3.95g (6.08%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.85g (0.95%), Cholesterol: 20.38mg (6.79%), Sodium: 445.71mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.7%), Vitamin B3: 3.01mg (15.04%), Selenium: 9.68µg (13.83%), Vitamin B6: 0.23mg (11.58%), Vitamin K: 9.12µg (8.68%), Phosphorus: 66.83mg (6.68%), Manganese: 0.12mg (6.05%), Vitamin B5: 0.43mg (4.35%), Vitamin A: 197.61IU (3.95%), Potassium: 135.59mg (3.87%), Vitamin E: 0.48mg (3.22%), Magnesium: 10.31mg (2.58%), Fiber: 0.56g (2.25%), Vitamin B2: 0.03mg (2.05%), Iron: 0.3mg (1.65%), Vitamin B1: 0.02mg (1.62%), Zinc: 0.22mg (1.47%), Copper: 0.03mg (1.35%), Vitamin C: 0.86mg (1.05%)