



Grilled Smoky Chicken Breasts with Alabama White Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 0.5 teaspoon chipotle chili powder
- 2 teaspoons apple cider vinegar
- 2 teaspoons steak seasoning
- 2 tablespoons juice of lemon
- 0.3 teaspoon pepper
- 0.3 cup salad dressing

- 1.3 lb chicken breast boneless skinless
- 2 teaspoons sugar
- 1 tablespoon vegetable oil

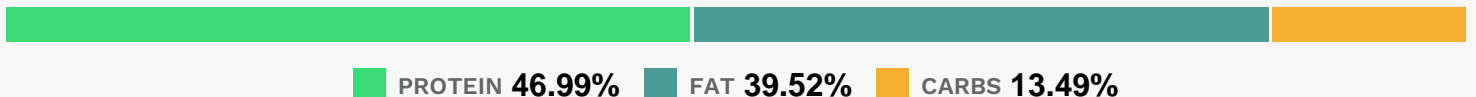
Equipment

- bowl
- whisk
- plastic wrap
- grill
- rolling pin
- meat tenderizer

Directions

- Heat gas or charcoal grill. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- Brush all sides of chicken with oil. In small bowl, mix grill seasoning, brown sugar and chili pepper powder; sprinkle on both sides of chicken.
- Place chicken on grill over medium heat. Cover grill; cook 5 to 6 minutes, turning once, until chicken is no longer pink in center.
- Meanwhile, in small bowl, beat remaining ingredients with wire whisk until blended.
- Drizzle mayonnaise mixture on 4 serving plates. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:1.42, Inflammation Score:-3, Nutrition Score:15.676956433317%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 264.01kcal (13.2%), Fat: 11.34g (17.45%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.45g (3.07%), Sugar: 7.27g (8.08%), Cholesterol: 90.72mg (30.24%), Sodium: 364.34mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.69%), Vitamin B3: 14.88mg (74.4%), Selenium: 45.94µg (65.63%), Vitamin B6: 1.1mg (54.89%), Phosphorus: 304.18mg (30.42%), Vitamin K: 26.03µg (24.79%), Vitamin B5: 2.04mg (20.38%), Potassium: 567.87mg (16.22%), Magnesium: 41.5mg (10.38%), Vitamin B2: 0.15mg (8.69%), Vitamin E: 1.1mg (7.32%), Vitamin B1: 0.1mg (6.66%), Manganese: 0.13mg (6.26%), Zinc: 0.89mg (5.9%), Vitamin C: 4.8mg (5.82%), Iron: 1.02mg (5.65%), Vitamin B12: 0.28µg (4.72%), Vitamin A: 151.15IU (3.02%), Copper: 0.06mg (2.88%), Calcium: 24.11mg (2.41%), Folate: 8.67µg (2.17%), Fiber: 0.25g (1.02%)