



Grilled Spice Rubbed Chicken Breasts with Alabama BBQ Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



648 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons canola oil
- 0.1 teaspoon chili powder
- 2 tablespoons apple cider vinegar
- 2 tablespoons horseradish
- 1 cup mayonnaise best foods®
- 24 ounce chicken breast boneless skinless
- 2 tablespoons big daddy's taco rub for poultry or your favorite spice rub or grill seasoning

Equipment

- bowl
- grill
- aluminum foil

Directions

- Combine Hellmann's® or Best Foods® Real Mayonnaise, vinegar, horseradish and chili powder in small bowl. Season, if desired, with salt and pepper; reserve 1/2 cup sauce and set aside.
- Brush chicken on both sides with oil and season, if desired, with salt and pepper. Evenly sprinkle top of chicken with spice rub.
- Grill chicken, rub-side down, until golden brown and crust has formed, about 4 minutes.
- Brush chicken with mayonnaise mixture, turn over and cook an additional 4 minutes or until chicken is thoroughly cooked.
- Remove to serving platter, then cover loosely with aluminum foil and let sit 5 minutes before serving. Slice each breast and serve with reserved 1/2 cup sauce on the side.

Nutrition Facts

 **PROTEIN 23.1%**  **FAT 75.29%**  **CARBS 1.61%**

Properties

Glycemic Index:31.25, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:22.997826042383%

Nutrients (% of daily need)

Calories: 648.08kcal (32.4%), Fat: 53.5g (82.32%), Saturated Fat: 8.11g (50.66%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.01g (1.13%), Cholesterol: 132.38mg (44.13%), Sodium: 586.35mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.94g (73.88%), Vitamin K: 112.88µg (107.51%), Vitamin B3: 17.84mg (89.18%), Selenium: 56.09µg (80.13%), Vitamin B6: 1.31mg (65.58%), Phosphorus: 375.5mg (37.55%), Vitamin B5: 2.53mg (25.28%), Vitamin E: 3.44mg (22.91%), Potassium: 679.38mg (19.41%), Magnesium: 51.76mg (12.94%), Vitamin B2: 0.19mg (11%), Manganese: 0.2mg (9.79%), Iron: 1.51mg (8.39%), Vitamin B1: 0.12mg (8.03%), Zinc: 1.2mg (8.01%), Vitamin B12: 0.41µg (6.79%), Vitamin C: 4.15mg (5.03%), Folate: 16.66µg (4.16%), Copper: 0.08mg (3.95%), Calcium: 37.84mg (3.78%), Vitamin A: 158.75IU (3.18%), Fiber: 0.5g (1.98%), Vitamin D: 0.28µg (1.88%)