



Grilled Taco-Barbecue Chicken

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

READY IN



10 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6.3 oz taco seasoning
- 1 teaspoon oregano dried
- 1.3 lb chicken breast boneless skinless
- 1 tablespoon vegetable oil
- 0.5 cup barbecue sauce
- 0.3 cup chili sauce
- 1 teaspoon ground cumin

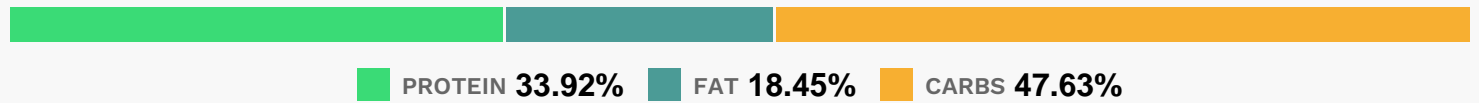
Equipment

- bowl
- sauce pan
- grill

Directions

- Heat closed medium-size contact grill for 5 minutes. In shallow bowl, mix taco seasoning mix and oregano.
- Brush chicken with oil; coat with taco seasoning mixture.
- Place chicken on grill. Close grill. Grill 4 to 6 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in 1-quart saucepan, heat barbecue sauce, chili sauce and cumin to boiling over medium-low heat, stirring occasionally.
- Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:22.930869815142%

Nutrients (% of daily need)

Calories: 355.31kcal (17.77%), Fat: 7.48g (11.51%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 34.14g (12.41%), Sugar: 22.48g (24.98%), Cholesterol: 90.72mg (30.24%), Sodium: 4336.07mg (188.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.89%), Vitamin A: 4408.9IU (88.18%), Vitamin B3: 15.32mg (76.58%), Selenium: 46.06µg (65.8%), Vitamin B6: 1.12mg (56.16%), Fiber: 9.32g (37.3%), Phosphorus: 316.93mg (31.69%), Vitamin C: 24.63mg (29.85%), Iron: 4.4mg (24.42%), Vitamin B5: 2.08mg (20.83%), Potassium: 685.78mg (19.59%), Magnesium: 46.73mg (11.68%), Vitamin K: 11.2µg (10.67%), Vitamin B2: 0.18mg (10.47%), Vitamin E: 1.27mg (8.46%), Vitamin B1: 0.12mg (7.89%), Zinc: 0.95mg (6.32%), Manganese: 0.11mg (5.4%), Vitamin B12: 0.28µg (4.72%), Copper: 0.09mg (4.68%), Calcium: 34.94mg (3.49%), Folate: 9.16µg (2.29%)