



Grilled Taco-Barbecue Chicken

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

READY IN



10 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 0.3 cup chili sauce
- 1 teaspoon ground cumin
- 1 teaspoon oregano dried
- 1.3 lb chicken breast boneless skinless
- 2 tablespoons taco seasoning (from 1-oz package)
- 1 tablespoon vegetable oil

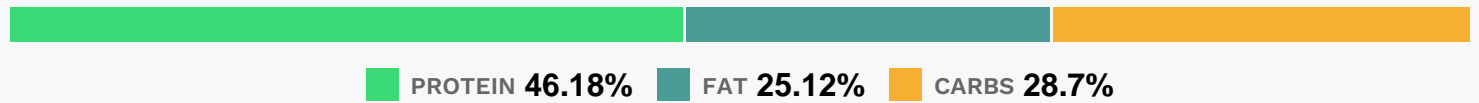
Equipment

- 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 (170F).
- 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:-7, Nutrition Score:16.289130654024%

Nutrients (% of daily need)

Calories: 274.39kcal (13.72%), Fat: 7.48g (11.51%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 18g (6.55%), Sugar: 14.4g (16.01%), Cholesterol: 90.72mg (30.24%), Sodium: 863.1mg (37.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.89%), Vitamin B3: 15.32mg (76.58%), Selenium: 46.06µg (65.8%), Vitamin B6: 1.12mg (56.16%), Phosphorus: 316.93mg (31.69%), 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%), Iron: 1.49mg (8.28%), Vitamin B1: 0.12mg (7.89%), Vitamin A: 370.75IU (7.41%), Vitamin C: 5.26mg (6.37%), Zinc: 0.95mg (6.32%), Manganese: 0.11mg (5.4%), Fiber: 1.23g (4.93%), Vitamin B12: 0.28µg (4.72%), Copper: 0.09mg (4.68%), Calcium: 34.94mg (3.49%), Folate: 9.16µg (2.29%)