



## Grilled Taco-Spiced Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



315 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
- 0.3 cup barbecue sauce
- 2 tablespoons chili sauce
- 0.5 teaspoon ground cumin

### Equipment

- bowl
- grill
- microwave

## Directions

- Heat gas or charcoal grill. In shallow bowl, mix taco seasoning mix and oregano.
- Brush chicken with oil; sprinkle with taco seasoning mixture.
- Place chicken on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in small microwavable bowl, mix barbecue sauce, chili sauce and cumin. Cover; microwave on High 30 to 60 seconds or until hot.
- Serve sauce over chicken.

## Nutrition Facts



**PROTEIN 37.64%** **FAT 20.21%** **CARBS 42.15%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:21.823478633943%

## Nutrients (% of daily need)

Calories: 314.83kcal (15.74%), Fat: 7.28g (11.21%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 25.26g (9.19%), Sugar: 15.27g (16.96%), Cholesterol: 90.72mg (30.24%), Sodium: 4023.4mg (174.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.03%), Vitamin A: 4300.66IU (86.01%), Vitamin B3: 15.05mg (75.23%), Selenium: 45.71µg (65.3%), Vitamin B6: 1.09mg (54.67%), Fiber: 8.91g (35.63%), Phosphorus: 307.13mg (30.71%), Vitamin C: 22.97mg (27.85%), Iron: 4.04mg (22.44%), Vitamin B5: 2.05mg (20.54%), Potassium: 604.46mg (17.27%), Magnesium: 42.34mg (10.59%), Vitamin K: 10.37µg (9.88%), Vitamin B2: 0.16mg (9.44%), Vitamin B1: 0.1mg (6.94%), Vitamin E: 0.93mg (6.23%), Zinc: 0.89mg (5.93%), Vitamin B12: 0.28µg (4.72%), Manganese: 0.08mg (3.85%), Copper: 0.07mg (3.31%), Calcium: 24.8mg (2.48%), Folate: 7.91µg (1.98%)