



Grilled Taco-Spiced Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 2 tablespoons chili sauce
- 0.5 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
- 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 (170F).
- 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



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:15.182174109894%

Nutrients (% of daily need)

Calories: 233.91kcal (11.7%), Fat: 7.28g (11.21%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 9.12g (3.32%), Sugar: 7.19g (7.99%), Cholesterol: 90.72mg (30.24%), Sodium: 550.43mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.03%), Vitamin B3: 15.05mg (75.23%), Selenium: 45.71µg (65.3%), Vitamin B6: 1.09mg (54.67%), Phosphorus: 307.13mg (30.71%), 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%), Iron: 1.13mg (6.3%), Vitamin E: 0.93mg (6.23%), Zinc: 0.89mg (5.93%), Vitamin A: 262.51IU (5.25%), Vitamin B12: 0.28µg (4.72%), Vitamin C: 3.6mg (4.37%), Manganese: 0.08mg (3.85%), Copper: 0.07mg (3.31%), Fiber: 0.81g (3.26%), Calcium: 24.8mg (2.48%), Folate: 7.91µg (1.98%)