



Honey Barbecued Chicken Breasts

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bottled chili sauce low-sodium
- 1 tablespoon cider vinegar
- 1 tablespoon dijon mustard
- 2 garlic cloves minced
- 0.5 cup buckwheat honey
- 0.5 cup catsup
- 6 lemon wedges
- 1 teaspoon paprika

- 0.3 teaspoon salt
- 36 ounce chicken breast halves boneless skinless
- 1 tablespoon sriracha (such as huy fong) hot
- 0.3 cup worcestershire sauce

Equipment

- sauce pan
- grill
- ziploc bags

Directions

- Combine first 10 ingredients in a small saucepan. Bring mixture to a boil over medium-high heat; reduce heat, and simmer 30 minutes, stirring occasionally.
- Remove from heat, and cool. Reserve 1/3 cup of marinade.
- Combine chicken and remaining marinade in a large zip-top plastic bag; seal and marinate in refrigerator for 1 hour, turning bag occasionally.
- Prepare grill to medium-high heat.
- Remove chicken from bag; discard marinade.
- Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until chicken is done, basting occasionally with reserved 1/3 cup marinade.
- Serve with lemon wedges.

Nutrition Facts



PROTEIN 41.38% **FAT 11.66%** **CARBS 46.96%**

Properties

Glycemic Index:32.46, Glycemic Load:12.56, Inflammation Score:-6, Nutrition Score:21.744348189105%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 363.55kcal (18.18%), Fat: 4.76g (7.32%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 41.12g (14.95%), Sugar: 35.6g (39.56%), Cholesterol: 108.86mg (36.29%), Sodium: 1370.7mg (59.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.94%), Vitamin B3: 18.97mg (94.87%), Selenium: 56.46µg (80.66%), Vitamin B6: 1.42mg (71.21%), Phosphorus: 404.96mg (40.5%), Potassium: 1035.99mg (29.6%), Vitamin C: 23.75mg (28.79%), Vitamin B5: 2.51mg (25.11%), Vitamin B2: 0.28mg (16.35%), Magnesium: 58.56mg (14.64%), Vitamin A: 648.6IU (12.97%), Iron: 2.24mg (12.46%), Vitamin B1: 0.18mg (11.9%), Vitamin E: 1.64mg (10.91%), Copper: 0.18mg (8.88%), Zinc: 1.24mg (8.27%), Fiber: 1.96g (7.86%), Vitamin B12: 0.34µg (5.67%), Manganese: 0.11mg (5.66%), Calcium: 47.88mg (4.79%), Folate: 16.96µg (4.24%), Vitamin K: 3.83µg (3.65%), Vitamin D: 0.17µg (1.13%)