



## Honey Barbecued Chicken Breasts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup catsup reduced-calorie
- ☐ 36 ounce skinned chicken breast halves
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon gingerroot minced peeled
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons worcestershire sauce low-sodium

### Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Combine first 6 ingredients in a saucepan. Bring to a boil, stirring frequently; reduce heat, and simmer 2 minutes.
- ☐ Remove from heat, and set aside.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken on rack; grill, covered, 5 minutes, turning frequently.
- ☐ Brush chicken with catsup mixture. Grill an additional 12 minutes or until done, turning and basting frequently with remaining catsup mixture.
- ☐ Transfer to a large serving platter.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:3.08, Inflammation Score:-4, Nutrition Score:18.083912999734%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 263.28kcal (13.16%), Fat: 4.47g (6.88%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 18.52g (6.73%), Sugar: 15.05g (16.72%), Cholesterol: 108.86mg (36.29%), Sodium: 634.37mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Vitamin B3: 18.38mg (91.9%), Selenium: 54.88µg (78.4%), Vitamin B6: 1.35mg (67.52%), Phosphorus: 373.05mg (37.3%), Vitamin B5: 2.46mg (24.63%), Potassium: 805.3mg (23.01%), Vitamin B2: 0.25mg (14.62%), Magnesium: 51.38mg (12.84%), Vitamin C: 7.57mg (9.18%), Vitamin B1: 0.12mg (8.02%), Zinc: 1.09mg (7.29%), Iron: 1.12mg (6.23%), Vitamin E: 0.93mg (6.18%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 261.2IU (5.22%), Copper: 0.1mg (4.96%), Manganese: 0.08mg (4.13%), Folate: 12.64µg (3.16%), Calcium: 22.53mg (2.25%), Vitamin K: 1.61µg (1.53%), Vitamin D: 0.17µg (1.13%)