



Indian-Style BBQ Chicken

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

READY IN



154 min.

SERVINGS



34

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 1.5 lb chicken breast halves bone-in
- 1 tsp garam masala
- 1 tsp ground cumin
- 2 Tbsp juice of lemon

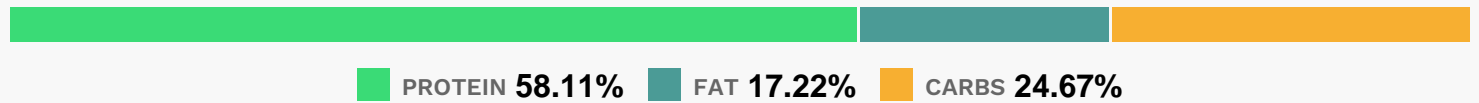
Equipment

- grill

Directions

- Mix all ingredients except chicken.
- Reserve 1/4 cup sauce; pour remaining over chicken in shallow dish. Turn chicken to coat both sides of each breast. Refrigerate 2 hours to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade. Grill chicken 24 min. or until done (165F), turning after 12 min. and brushing with reserved sauce for the last few minutes.

Nutrition Facts



Properties

Glycemic Index:0.15, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0369565124097%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 30.7kcal (1.53%), Fat: 0.57g (0.87%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.77g (0.64%), Sugar: 1.42g (1.58%), Cholesterol: 12.81mg (4.27%), Sodium: 66.68mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin B3: 2.12mg (10.58%), Selenium: 6.46µg (9.23%), Vitamin B6: 0.15mg (7.69%), Phosphorus: 43.23mg (4.32%), Vitamin B5: 0.29mg (2.93%), Potassium: 85.76mg (2.45%), Magnesium: 6.02mg (1.5%), Vitamin B2: 0.02mg (1.33%)