



Lip-Smackin' Bar-B-Q Chicken Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup barbecue sauce
- 1 eggs
- 6 ounces cheddar cheese shredded
- 3 chicken breast halves boneless skinless cut into 1/2-inch pieces
- 2 teaspoons vegetable oil
- 2 tablespoons water
- 0.7 cup frangelico
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Equipment

- bowl
- frying pan
- oven
- baking pan
- pie form

Directions

- Heat oven to 400F. Spray 9-inch pie pan or 9-inch square baking dish with cooking spray. In small bowl, stir together Bisquick mix, water and egg.
- Spread in bottom and 1/2 inch up side of pan; sprinkle with 1 1/4 cups of the cheese.
- In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil, stirring occasionally, until white on outside; drain. Stir in barbecue sauce; heat just until hot. Spoon over batter in pan to within 1/2 inch of edge.
- Bake 22 to 25 minutes or until edge is dark golden brown.
- Sprinkle with remaining 1/4 cup cheese.
- Bake 1 to 3 minutes longer or until cheese melts; loosen from side of pan.

Nutrition Facts


PROTEIN 30.22% **FAT 46.4%** **CARBS 23.38%**

Properties

Glycemic Index:4.5, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:10.546956461409%

Nutrients (% of daily need)

Calories: 265.31kcal (13.27%), Fat: 13.52g (20.81%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 15.01g (5.46%), Sugar: 11.99g (13.32%), Cholesterol: 91.79mg (30.6%), Sodium: 629.83mg (27.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.82g (39.64%), Selenium: 28.82µg (41.17%), Vitamin B3: 6.13mg (30.63%), Phosphorus: 270.16mg (27.02%), Vitamin B6: 0.48mg (24.1%), Calcium: 219.31mg (21.93%), Vitamin B2: 0.24mg (13.83%), Vitamin B5: 1.09mg (10.93%), Zinc: 1.52mg (10.16%), Potassium: 323.94mg (9.26%), Vitamin A: 420.69IU (8.41%), Vitamin B12: 0.48µg (7.98%), Magnesium: 27.92mg (6.98%), Vitamin E: 0.81mg

(5.37%), Vitamin K: 4.22µg (4.02%), Vitamin B1: 0.06mg (3.7%), Iron: 0.61mg (3.4%), Folate: 12.38µg (3.09%), Manganese: 0.06mg (2.92%), Copper: 0.06mg (2.82%), Vitamin D: 0.37µg (2.49%), Fiber: 0.32g (1.29%), Vitamin C: 0.89mg (1.08%)