



Lip-Smackin' Bar-B-Q Chicken Bake (Cooking for 2)

READY IN



35 min.

SERVINGS



2

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup baking mix bisquick heart smart®
- 1 tablespoon water
- 1 egg whites
- 0.5 cup chicken breast strips/pre-cooked/chopped cooked
- 0.3 cup barbecue sauce
- 1 oz cheddar cheese shredded reduced-fat

Equipment

- bowl
- frying pan
- oven
- loaf pan
- microwave

Directions

- Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray. In small bowl, stir together Bisquick® mix, water and egg white; spread in bottom of pan.
- In small microwavable bowl, mix chicken and barbecue sauce. Microwave on High 1 minute; stir. Spoon over batter in pan to within 1/2 inch of edges; sprinkle with cheese.
- Bake 20 to 23 minutes or until golden brown; loosen from side of pan.

Nutrition Facts



PROTEIN 30.75% **FAT 21.62%** **CARBS 47.63%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:8.4213043166244%

Nutrients (% of daily need)

Calories: 237.16kcal (11.86%), Fat: 5.57g (8.57%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 26.88g (9.78%), Sugar: 14.38g (15.98%), Cholesterol: 33.13mg (11.04%), Sodium: 761.35mg (33.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.67%), Vitamin B3: 5.94mg (29.72%), Phosphorus: 274.81mg (27.48%), Selenium: 16.68µg (23.83%), Vitamin B2: 0.24mg (14.38%), Vitamin B6: 0.26mg (12.96%), Calcium: 112.95mg (11.29%), Vitamin B1: 0.15mg (10%), Folate: 29.27µg (7.32%), Potassium: 238.95mg (6.83%), Iron: 1.22mg (6.77%), Vitamin B5: 0.63mg (6.28%), Manganese: 0.12mg (6.07%), Magnesium: 23.79mg (5.95%), Zinc: 0.79mg (5.29%), Vitamin B12: 0.28µg (4.67%), Copper: 0.08mg (4.07%), Fiber: 0.74g (2.97%), Vitamin E: 0.41mg (2.77%), Vitamin A: 117.57IU (2.35%), Vitamin K: 2.13µg (2.03%)