



Lip-Smackin' Bar-B-Q Chicken Bake (lighter)

READY IN



50 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup barbecue sauce
- 1 eggs
- 6 oz cheddar cheese shredded reduced-fat
- 3 chicken breast boneless skinless cut into 1/2-inch pieces
- 2 teaspoons vegetable oil
- 2 tablespoons water
- 0.7 cup baking mix bisquick heart smart®

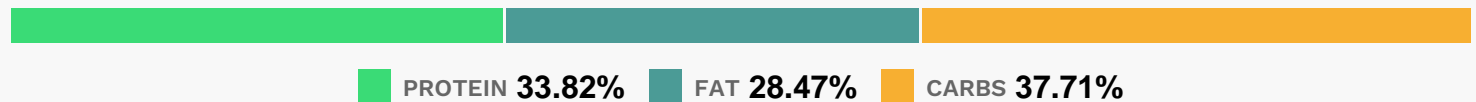
Equipment

- 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 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 outsides turn white; 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



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:10.826086930607%

Nutrients (% of daily need)

Calories: 255.76kcal (12.79%), Fat: 7.92g (12.19%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 23.02g (8.37%), Sugar: 13.6g (15.11%), Cholesterol: 69.66mg (23.22%), Sodium: 788.06mg (34.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.36%), Selenium: 25.91µg (37.01%), Phosphorus: 355.53mg (35.55%), Vitamin B3: 6.73mg (33.66%), Vitamin B6: 0.49mg (24.27%), Calcium: 160.4mg (16.04%), Vitamin B2: 0.23mg (13.59%), Vitamin B5: 1.15mg (11.46%), Potassium: 342.55mg (9.79%), Vitamin B1: 0.13mg (8.49%), Zinc: 1.08mg (7.2%), Magnesium: 28.14mg (7.03%), Folate: 26.21µg (6.55%), Vitamin B12: 0.37µg (6.15%), Iron: 1.05mg (5.86%), Manganese: 0.1mg (5.13%), Vitamin K: 4.57µg (4.36%), Vitamin E: 0.63mg (4.18%), Vitamin A: 195.85IU (3.92%), Copper: 0.07mg (3.68%), Fiber: 0.6g (2.41%), Vitamin D: 0.23µg (1.54%), Vitamin C: 0.93mg (1.13%)