

Maple Barbecued Chicken

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

READY IN



30 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup barbecue sauce
- 0.5 teaspoon peppermint flavoring
- 0.8 cup maple pancake syrup
- 0.5 teaspoon salt
- 32 ounces chicken breast halves boneless skinless

Equipment

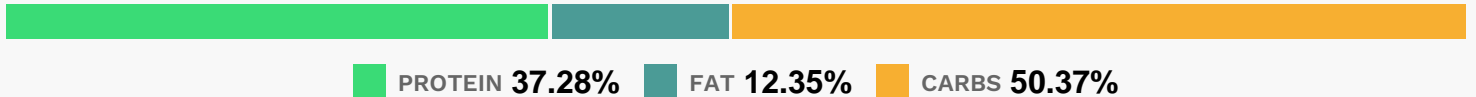
- bowl
- grill

kitchen thermometer

Directions

- In a large bowl, combine the first four ingredients; reserving 3/4 cup.
- Grill chicken, uncovered, over medium heat for 3 minutes on each side. Grill 6–8 minutes longer or a meat thermometer reads 170°, turning occasionally and basting with sauce.
- Serve with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.578695797402%

Nutrients (% of daily need)

Calories: 262.8kcal (13.14%), Fat: 3.58g (5.51%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 32.58g (11.85%), Sugar: 8.9g (9.89%), Cholesterol: 73.76mg (24.59%), Sodium: 581.99mg (25.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.59%), Vitamin B3: 11.99mg (59.97%), Selenium: 36.84µg (52.63%), Vitamin B6: 0.87mg (43.47%), Phosphorus: 246.45mg (24.65%), Vitamin B5: 1.67mg (16.67%), Potassium: 482.69mg (13.79%), Magnesium: 33.56mg (8.39%), Vitamin B2: 0.13mg (7.71%), Copper: 0.11mg (5.59%), Vitamin B1: 0.08mg (5.47%), Zinc: 0.72mg (4.77%), Manganese: 0.08mg (3.83%), Vitamin B12: 0.23µg (3.78%), Iron: 0.62mg (3.44%), Vitamin E: 0.43mg (2.87%), Vitamin A: 112.09IU (2.24%), Vitamin C: 1.52mg (1.84%), Calcium: 15.2mg (1.52%), Folate: 5.07µg (1.27%)