



Orange-BBQ Chicken with Grilled Vegetables

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

READY IN



30 min.

SERVINGS



30

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 tsp orange zest
- 1 bell pepper red cut into quarters
- 1 lb chicken breasts boneless skinless
- 1 baby squash yellow
- 1 zucchini

Equipment

grill

Directions

- Heat grill to medium heat.
- Mix barbecue sauce, zest and juice until blended.
- Grill chicken 6 min., turning after 3 min.
- Brush with half the sauce.
- Add vegetables to grill. Cook chicken and vegetables 9 to 12 min. or until chicken is done (165F) and vegetables are crisp-tender, turning and brushing chicken occasionally with remaining sauce and brushing vegetables with dressing.

Nutrition Facts

 **PROTEIN 41.7%** **FAT 23.88%** **CARBS 34.42%**

Properties

Glycemic Index:2.63, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.6973912965344%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 33.35kcal (1.67%), Fat: 0.88g (1.35%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.58g (0.94%), Sugar: 2.27g (2.52%), Cholesterol: 9.68mg (3.23%), Sodium: 86.89mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Vitamin C: 7.62mg (9.24%), Vitamin B3: 1.71mg (8.54%), Vitamin B6: 0.15mg (7.73%), Selenium: 4.97µg (7.1%), Phosphorus: 39mg (3.9%), Vitamin A: 166.39IU (3.33%), Potassium: 111.26mg (3.18%), Vitamin B5: 0.26mg (2.59%), Vitamin B2: 0.04mg (2.15%), Magnesium: 7.42mg (1.85%), Manganese: 0.04mg (1.82%), Vitamin K: 1.88µg (1.79%), Folate: 6µg (1.5%), Vitamin B1: 0.02mg (1.29%), Vitamin E: 0.19mg (1.25%), Fiber: 0.27g (1.07%)