



Orange-BBQ Chicken with Grilled Vegetables

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

READY IN



30 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

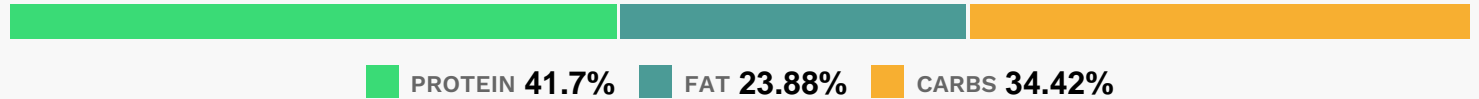
Equipment

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



Properties

Glycemic Index:19.75, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:20.237391098686%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 250.16kcal (12.51%), Fat: 6.6g (10.15%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 19.38g (7.05%), Sugar: 17.01g (18.9%), Cholesterol: 72.57mg (24.19%), Sodium: 651.71mg (28.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.91g (51.82%), Vitamin C: 57.15mg (69.28%), Vitamin B3: 12.81mg (64.07%), Vitamin B6: 1.16mg (57.96%), Selenium: 37.27µg (53.25%), Phosphorus: 292.52mg (29.25%), Vitamin A: 1247.91IU (24.96%), Potassium: 834.42mg (23.84%), Vitamin B5: 1.95mg (19.46%), Vitamin B2: 0.27mg (16.15%), Magnesium: 55.64mg (13.91%), Manganese: 0.27mg (13.62%), Vitamin K: 14.13µg (13.46%), Folate: 44.98µg (11.25%), Vitamin B1: 0.15mg (9.71%), Vitamin E: 1.41mg (9.41%), Fiber: 2g (8.01%), Zinc: 1.1mg (7.35%), Iron: 1.17mg (6.5%), Copper: 0.12mg (5.77%), Vitamin B12: 0.23µg (3.78%), Calcium: 37.05mg (3.71%)