



Perfect BBQ Grilled Chicken

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

READY IN



50 min.

SERVINGS



50

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bull's-eye original barbecue sauce kraft
- 0.3 cup classic caesar dressing kraft
- 1 lb chicken breasts boneless skinless

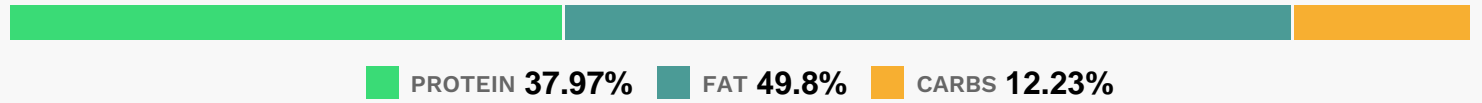
Equipment

- grill
- ziploc bags

Directions

- Pour dressing over chicken in resealable plastic bag; seal bag. Refrigerate 30 min. to marinate.
- Remove chicken from marinade; discard bag and marinade.
- Heat grill to medium heat.
- Place chicken on grill.
- Grill 12 to 15 min. or until done (165F), turning and brushing occasionally with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.99434784281513%

Nutrients (% of daily need)

Calories: 21.29kcal (1.06%), Fat: 1.15g (1.77%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.52g (0.58%), Cholesterol: 6.42mg (2.14%), Sodium: 44.21mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin B3: 0.96mg (4.78%), Selenium: 2.95µg (4.21%), Vitamin B6: 0.07mg (3.47%), Phosphorus: 19.63mg (1.96%), Vitamin K: 1.69µg (1.61%), Vitamin B5: 0.13mg (1.33%), Potassium: 37.34mg (1.07%)