



Quick Barbecue Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 16 ounce chicken breast halves bone-in
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground ginger
- ☐ 2 teaspoons olive oil

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

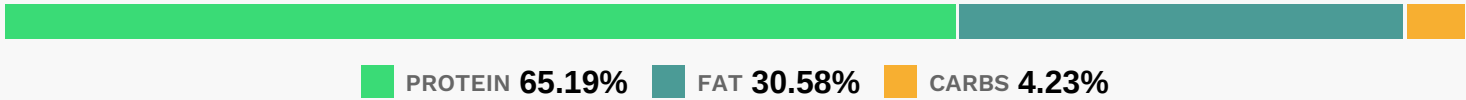
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Combine first 9 ingredients in a bowl, stirring well. Loosen skin from chicken by inserting fingers, gently pushing between skin and meat; rub spice mixture evenly under skin over meat. Lightly coat skin with cooking spray.
- ☐ Place chicken, breast-side down, on a grill rack coated with cooking spray; grill 30 minutes or until a thermometer inserted in the thickest part registers 165, turning twice.
- ☐ Let chicken stand 10 minutes.
- ☐ Remove skin; discard.

Nutrition Facts



Properties

Glycemic Index:58.55, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:21.684782629428%

Nutrients (% of daily need)

Calories: 307.65kcal (15.38%), Fat: 10.09g (15.53%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.62g (0.95%), Sugar: 2.09g (2.32%), Cholesterol: 145.15mg (48.38%), Sodium: 861.67mg (37.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.42g (96.84%), Vitamin B3: 23.8mg (119%), Selenium: 72.97µg (104.25%), Vitamin B6: 1.73mg (86.41%), Phosphorus: 482.56mg (48.26%), Vitamin B5: 3.25mg (32.46%), Potassium: 871.64mg (24.9%), Magnesium: 62.23mg (15.56%), Vitamin B2: 0.24mg (14.02%), Vitamin B1: 0.15mg (10.07%), Vitamin E: 1.4mg (9.36%), Zinc: 1.39mg (9.28%), Vitamin B12: 0.45µg (7.56%), Vitamin A: 368.8IU (7.38%), Manganese: 0.14mg (7.2%), Iron: 1.27mg (7.08%), Vitamin K: 4.18µg (3.98%), Copper: 0.08mg (3.93%), Vitamin C: 2.76mg (3.34%), Folate: 9.6µg (2.4%), Fiber: 0.52g (2.09%), Calcium: 19.63mg (1.96%), Vitamin D: 0.23µg (1.51%)