



Raspberry-Barbecue Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



19 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings raspberry-barbecue sauce
- ☐ 4 skinned and boned chicken breasts
- ☐ 1 teaspoon creole seasoning
- ☐ 1 leaf garnish: flat parsley sprigs fresh

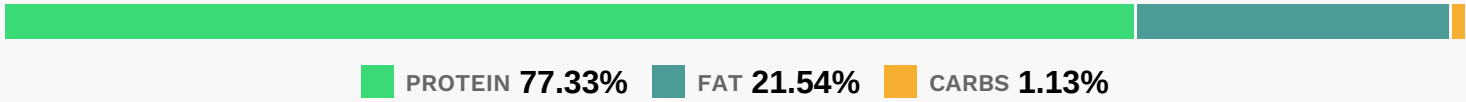
Equipment

- ☐ grill

Directions

- ☐ Sprinkle chicken evenly with Creole seasoning.
- ☐ Spray cold cooking grate of a grill with cooking spray.
- ☐ Place cooking grate on grill; grill chicken, covered with grill lid, over medium-high heat (350 to 40
- ☐ minutes on each side or until done, brushing Raspberry-Barbecue Sauce evenly on 1 side of chicken during the last 2 minutes of grilling.
- ☐ Serve with remaining sauce.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Tony Chachere's Original Creole Seasoning.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:20.838695748993%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 261.04kcal (13.05%), Fat: 5.95g (9.15%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.39g (0.43%), Cholesterol: 144.64mg (48.21%), Sodium: 272.75mg (11.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.06g (96.11%), Vitamin B3: 23.62mg (118.12%), Selenium: 72.38µg (103.4%), Vitamin B6: 1.71mg (85.3%), Phosphorus: 476.41mg (47.64%), Vitamin B5: 3.22mg (32.23%), Potassium: 849.97mg (24.28%), Magnesium: 59.78mg (14.94%), Vitamin B2: 0.23mg (13.61%), Vitamin B1: 0.15mg (9.78%), Zinc: 1.33mg (8.85%), Vitamin B12: 0.45µg (7.53%), Vitamin A: 299.15IU (5.98%), Iron: 0.9mg (4.98%), Vitamin K: 4.97µg (4.73%), Vitamin C: 3.43mg (4.16%), Vitamin E: 0.59mg (3.92%), Copper: 0.06mg (3.2%), Folate: 9.97µg (2.49%), Manganese: 0.05mg (2.28%), Vitamin D: 0.23µg (1.51%), Calcium: 12.72mg (1.27%)