



## Saucy Cajun Chicken Breasts

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

READY IN



45 min.

SERVINGS



2

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 ounce barbecue sauce
- 1 cup salad dressing italian-style
- 2 chicken breast boneless skinless

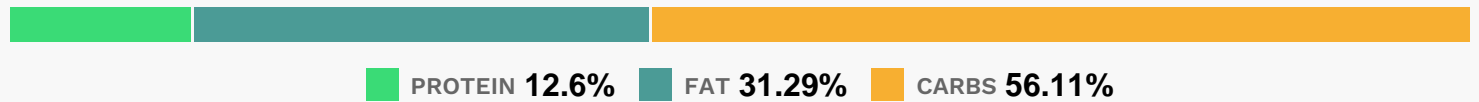
### Equipment

- grill
- ziploc bags

## Directions

- Place frozen chicken breasts in a resealable plastic bag and cover with salad dressing. Seal bag and place in refrigerator and marinate until chicken is thawed (marinating frozen breasts until thawed permeates the meat with the dressing flavors).
- Lightly oil grill and preheat to high heat.
- Remove chicken breasts from marinade and grill 5 to 7 minutes each side, until they are barely done. Coat with barbecue sauce and cook just a few minutes more. Don't overcook, but check to make sure that the chicken is cooked through and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:21.840000183686%

## Nutrients (% of daily need)

Calories: 849.67kcal (42.48%), Fat: 29.33g (45.12%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 118.32g (39.44%), Net Carbohydrates: 116.02g (42.19%), Sugar: 97.4g (108.22%), Cholesterol: 72.32mg (24.11%), Sodium: 3925.86mg (170.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.13%), Vitamin B3: 13.46mg (67.32%), Vitamin K: 70.62µg (67.26%), Selenium: 41.83µg (59.75%), Vitamin B6: 1.11mg (55.65%), Vitamin E: 4.83mg (32.19%), Potassium: 1108.74mg (31.68%), Phosphorus: 305.95mg (30.6%), Vitamin B5: 2.03mg (20.29%), Manganese: 0.37mg (18.74%), Magnesium: 68.42mg (17.11%), Vitamin B2: 0.26mg (15.05%), Iron: 2.36mg (13.09%), Vitamin A: 647.73IU (12.95%), Copper: 0.24mg (11.83%), Calcium: 105.12mg (10.51%), Vitamin B1: 0.15mg (10.3%), Fiber: 2.3g (9.19%), Zinc: 1.17mg (7.81%), Vitamin C: 3.36mg (4.07%), Vitamin B12: 0.23µg (3.77%), Folate: 9.62µg (2.41%)