



SHAKE 'N BAKE Spicy Barbecue Chicken

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup & spicy barbecue sauce thick kraft
- 1 Tbsp grey poupon dijon mustard
- 2 tsp garlic powder
- 2 lb chicken breasts boneless skinless
- 1 pouch shake 'n bake chicken coating mix

Equipment

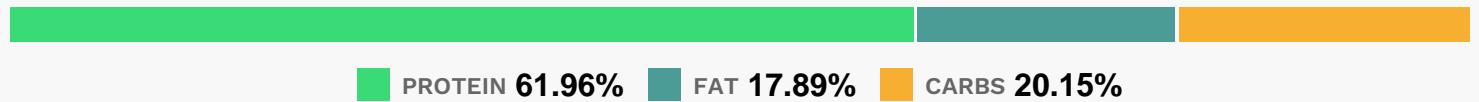
- oven
- baking pan

aluminum foil

Directions

- Preheat oven to 400F.
- Mix barbecue sauce and mustard in pie plate or shallow dish; set aside.
- Mix coating mix and garlic powder in separate pie plate or shallow dish.
- Dip chicken in barbecue sauce mixture, then in coating mixture, turning over to evenly coat both sides.
- Place in single layer in foil-lined 15x10x1-inch baking pan. Discard any remaining coating mixture.
- Bake 20 min. or until chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:11.365217232186%

Nutrients (% of daily need)

Calories: 164kcal (8.2%), Fat: 3.14g (4.83%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.98g (6.64%), Cholesterol: 72.67mg (24.22%), Sodium: 336.83mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.9%), Vitamin B3: 11.96mg (59.8%), Selenium: 37.36µg (53.37%), Vitamin B6: 0.88mg (43.87%), Phosphorus: 247.13mg (24.71%), Vitamin B5: 1.66mg (16.58%), Potassium: 473.34mg (13.52%), Magnesium: 33.33mg (8.33%), Vitamin B2: 0.13mg (7.41%), Vitamin B1: 0.08mg (5.58%), Zinc: 0.72mg (4.83%), Vitamin B12: 0.23µg (3.79%), Iron: 0.61mg (3.38%), Manganese: 0.05mg (2.75%), Vitamin E: 0.37mg (2.47%), Copper: 0.05mg (2.45%), Vitamin C: 1.49mg (1.8%), Vitamin A: 75.57IU (1.51%), Folate: 5.4µg (1.35%), Calcium: 13.38mg (1.34%), Fiber: 0.31g (1.25%)