



## Skillet Barbecue Chicken

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce chicken breast halves
- 3 garlic clove minced
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil
- 0.5 cup barbecue sauce kraft (such as )
- 1 tablespoon suya seasoning mix salt-free (such as Mrs. Dash)
- 0.3 cup water

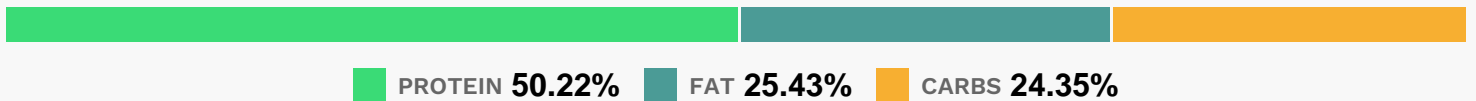
### Equipment

- frying pan
- plastic wrap
- meat tenderizer

## Directions

- Place chicken between 2 sheets of plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Rub garlic over chicken, and sprinkle evenly with seasoning blend and salt.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 3 to 4 minutes on each side.
- Add barbecue sauce and water, scraping pan to loosen browned bits; cook 1 to 2 minutes or until chicken is done.
- Serve with: Sweet-and-Sour Slaw

## Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:20.453913331032%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 299.49kcal (14.97%), Fat: 8.3g (12.77%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 15.94g (5.8%), Sugar: 12.04g (13.38%), Cholesterol: 108.86mg (36.29%), Sodium: 713mg (31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.76%), Vitamin B3: 18.14mg (90.71%), Selenium: 55.38µg (79.12%), Vitamin B6: 1.37mg (68.37%), Phosphorus: 373.27mg (37.33%), Vitamin B5: 2.53mg (25.3%), Vitamin K: 26.11µg (24.87%), Potassium: 767.97mg (21.94%), Magnesium: 59.57mg (14.89%), Manganese: 0.29mg (14.65%), Iron: 2.28mg (12.65%), Vitamin B2: 0.21mg (12.48%), Vitamin E: 1.79mg (11.93%), Vitamin B1: 0.13mg (8.54%), Calcium: 83.98mg (8.4%), Zinc: 1.17mg (7.83%), Fiber: 1.94g (7.76%), Vitamin B12: 0.34µg (5.67%), Copper: 0.1mg (5.21%), Folate: 16.35µg (4.09%), Vitamin A: 194.19IU (3.88%), Vitamin C: 3.04mg (3.69%), Vitamin D: 0.17µg (1.13%)