



Skillet BBQ Chicken with Slaw



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon kosher salt (coarse)
- ☐ 4 cups coleslaw mix (from 16-oz bag)
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 0.3 cup onion red thinly sliced

- ☐ 1.5 lb chicken breast boneless skinless
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon suya seasoning mix salt-free
- ☐ 0.3 teaspoon kosher salt (coarse)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup barbecue sauce
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ In large bowl, stir vinegar, oil, honey, pepper and salt with whisk.
- ☐ Add coleslaw mix, bell pepper and onion; toss to coat. Cover; refrigerate at least 10 minutes.
- ☐ Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until 1/2 inch thick. Rub chicken with garlic; sprinkle with seasoning blend and salt.
- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 5 to 7 minutes, turning once.
- ☐ Add barbecue sauce and water; cook 1 to 2 minutes longer or until chicken is no longer pink in center.
- ☐ Toss slaw. On each of 4 plates, place 1 chicken breast and 1 cup slaw. Spoon 1/4 cup sauce over chicken breast.

Nutrition Facts



Properties

Glycemic Index:65.57, Glycemic Load:6.62, Inflammation Score:-9, Nutrition Score:31.950435094211%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 398.63kcal (19.93%), Fat: 12g (18.47%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 29.6g (10.76%), Sugar: 25.09g (27.88%), Cholesterol: 108.86mg (36.29%), Sodium: 874.25mg (38.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.7%), Vitamin C: 77.38mg (93.8%), Vitamin B3: 18.7mg (93.51%), Selenium: 55.81µg (79.73%), Vitamin K: 83.71µg (79.72%), Vitamin B6: 1.58mg (79.09%), Phosphorus: 407.03mg (40.7%), Potassium: 1004.78mg (28.71%), Vitamin A: 1430.72IU (28.61%), Vitamin B5: 2.82mg (28.23%), Manganese: 0.54mg (27.09%), Vitamin E: 2.99mg (19.95%), Fiber: 4.78g (19.13%), Magnesium: 75.16mg (18.79%), Folate: 66.37µg (16.59%), Vitamin B2: 0.28mg (16.46%), Iron: 2.91mg (16.19%), Vitamin B1: 0.2mg (13.16%), Calcium: 120.56mg (12.06%), Zinc: 1.45mg (9.66%), Copper: 0.14mg (6.88%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)