



WHATSheATE



Southwestern Bbq Chicken Breast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons barbeque sauce (your choice)
- ☐ 3 pounds chicken breast boneless
- ☐ 4 tablespoons garlic finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.1 cup irvine spices smokey rotisserie blend seasoning

Equipment

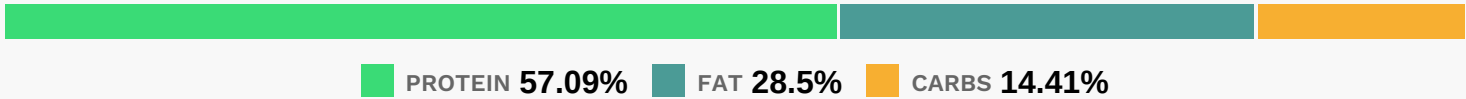
- ☐ bowl

☐ grill

Directions

☐ Combine Smokey Rotisserie seasoning, chopped garlic, barbeque sauce, olive oil, and salt and pepper in a bowl large enough to accommodate chicken and mix well. Coat chicken breasts with sauce and marinate covered and refrigerated for at least 30 minutes. Cook completely through on a hot grill.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:20.144782548365%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 263.43kcal (13.17%), Fat: 8.17g (12.57%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 7.49g (2.72%), Sugar: 4.55g (5.05%), Cholesterol: 108.86mg (36.29%), Sodium: 334.19mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.82g (73.63%), Vitamin B3: 18.02mg (90.1%), Selenium: 55.34µg (79.06%), Vitamin B6: 1.37mg (68.62%), Phosphorus: 371.58mg (37.16%), Vitamin B5: 2.5mg (25.05%), Vitamin K: 25.9µg (24.66%), Potassium: 723.79mg (20.68%), Manganese: 0.31mg (15.31%), Magnesium: 57.08mg (14.27%), Iron: 2.17mg (12.06%), Vitamin B2: 0.2mg (11.86%), Vitamin E: 1.61mg (10.74%), Vitamin B1: 0.13mg (8.44%), Calcium: 79.59mg (7.96%), Zinc: 1.16mg (7.71%), Fiber: 1.8g (7.19%), Vitamin B12: 0.34µg (5.67%), Copper: 0.09mg (4.6%), Vitamin C: 3.45mg (4.19%), Folate: 15.96µg (3.99%), Vitamin A: 144.22IU (2.88%), Vitamin D: 0.17µg (1.13%)