



Spicy Backyard Barbecue Chicken Fajitas



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups barbecue sauce
- ☐ 3 pound chicken quartered
- ☐ 0.3 cup herbs: rosemary fresh chopped (rosemary, thyme, sage, parsley, oregano, or marjoram)
- ☐ 6 servings guacamole
- ☐ 6 servings pepper freshly ground to taste
- ☐ 6 servings salsa
- ☐ 6 servings sea salt to taste
- ☐ 4 tortillas

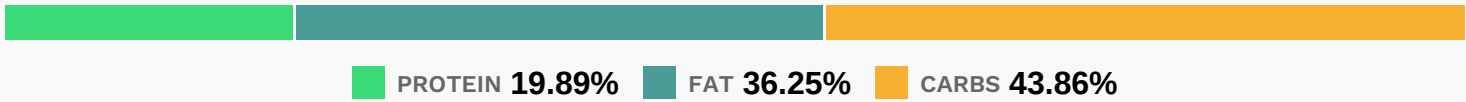
Equipment

☐ grill

Directions

- ☐ Rinse chicken, pat dry, and place in a shallow dish or large zip-top freezer bag.
- ☐ Pour barbecue sauce over chicken; toss to coat evenly. Cover and refrigerate for 8 hours or overnight.
- ☐ Remove chicken, reserving marinade.
- ☐ Sprinkle chicken with herbs, sea salt, and pepper, and place, skin side down, on grill. Grill, uncovered, on medium-low heat for 5 minutes or until slightly crispy, basting with reserved sauce. Turn chicken over, baste again, and cook 5 more minutes. Cover with grill lid, and cook 12 to 15 more minutes, basting several times. Turn chicken over, baste again, and grill, covered, for 12 to 15 more minutes or until cooked through (juices run clear).
- ☐ Remove chicken, and let stand, loosely covered, for 5 minutes. Discard marinade.
- ☐ Remove meat from bones, and serve with tortillas, Simple Salsa Fresca, and Easy Guacamole. Or simply serve with additional barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.17, Inflammation Score:-6, Nutrition Score:15.464782745942%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 471.26kcal (23.56%), Fat: 18.82g (28.96%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 51.24g (17.08%), Net Carbohydrates: 48.93g (17.79%), Sugar: 33.64g (37.38%), Cholesterol: 81.65mg (27.22%), Sodium: 1610.54mg (70.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.47%), Vitamin B3: 9.27mg (46.33%), Vitamin K: 47.51µg (45.24%), Selenium: 21.68µg (30.96%), Vitamin B6: 0.53mg (26.29%), Phosphorus: 232.66mg

(23.27%), Potassium: 554.55mg (15.84%), Vitamin B2: 0.25mg (14.98%), Manganese: 0.29mg (14.72%), Vitamin A: 732.16IU (14.64%), Iron: 2.62mg (14.57%), Vitamin B1: 0.2mg (13.46%), Vitamin B5: 1.27mg (12.7%), Zinc: 1.79mg (11.95%), Magnesium: 45.08mg (11.27%), Vitamin E: 1.52mg (10.13%), Fiber: 2.31g (9.24%), Calcium: 85.73mg (8.57%), Copper: 0.17mg (8.48%), Folate: 33.15µg (8.29%), Vitamin C: 6.35mg (7.69%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.22µg (1.45%)