



Super Simple Oven Barbequed Chicken

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast halves bone-in with skin
- 2 teaspoons chili powder
- 2 teaspoons thyme leaves dried
- 2 teaspoons garlic powder
- 2 teaspoons ground cumin
- 1 tablespoon hickory-flavored liquid smoke
- 2 teaspoons oregano dried
- 6 servings salt and pepper to taste

1 tablespoon worcestershire sauce

Equipment

oven

baking pan

aluminum foil

Directions

Preheat oven to 375 degrees F (190 degrees C).

Arrange chicken pieces in a lightly greased 9x13 inch baking dish, allowing room between pieces.

Drizzle with Worcestershire sauce and liquid smoke, then sprinkle with chili powder, cumin, garlic powder, thyme, oregano and salt and pepper to taste.

Cover dish with aluminum foil and bake for 1 to 1 1/2 hours, or until chicken is cooked through and juices run clear.

Nutrition Facts

 **PROTEIN 71.31%** **FAT 21.2%** **CARBS 7.49%**

Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:12.812173978142%

Nutrients (% of daily need)

Calories: 141.38kcal (7.07%), Fat: 3.23g (4.97%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.4g (0.45%), Cholesterol: 72.32mg (24.11%), Sodium: 380.26mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.45g (48.91%), Vitamin B3: 11.97mg (59.84%), Selenium: 36.63µg (52.33%), Vitamin B6: 0.89mg (44.43%), Phosphorus: 250.12mg (25.01%), Vitamin B5: 1.63mg (16.3%), Potassium: 488.77mg (13.96%), Vitamin K: 10.86µg (10.34%), Iron: 1.84mg (10.23%), Magnesium: 36.49mg (9.12%), Vitamin B2: 0.13mg (7.73%), Manganese: 0.12mg (6.01%), Vitamin B1: 0.09mg (5.83%), Vitamin A: 266.28IU (5.33%), Zinc: 0.79mg (5.27%), Vitamin E: 0.65mg (4.31%), Vitamin B12: 0.23µg (3.77%), Calcium: 34.94mg (3.49%), Fiber: 0.8g (3.19%), Copper: 0.06mg (3.06%), Vitamin C: 1.97mg (2.39%), Folate: 7.96µg (1.99%)