



Sweet and Spicy BBQ Chicken

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 3 lb broiler-fryer chicken
- 0.3 tsp garlic powder
- 2 Tbsp honey
- 1.5 tsp pepper sauce hot

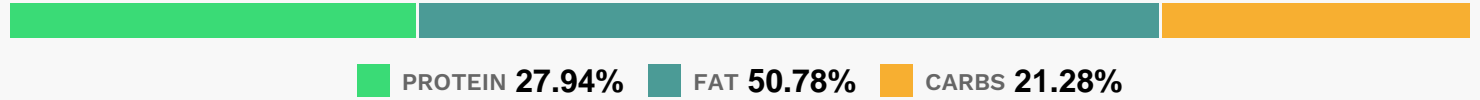
Equipment

- grill

Directions

- Heat greased grill to medium heat.
- Mix all ingredients except chicken.
- Grill chicken 35 to 40 min. or until done (165F), turning occasionally and brushing with barbecue sauce mixture for the last 10 min.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.86956520961679%

Nutrients (% of daily need)

Calories: 32.39kcal (1.62%), Fat: 1.81g (2.78%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.68g (0.61%), Sugar: 1.49g (1.66%), Cholesterol: 8.91mg (2.97%), Sodium: 38.59mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin B3: 0.82mg (4.12%), Selenium: 1.75µg (2.5%), Vitamin B6: 0.04mg (2.21%), Phosphorus: 18.08mg (1.81%), Vitamin B5: 0.11mg (1.13%), Zinc: 0.16mg (1.08%)