



## Sweet and Spicy BBQ Chicken

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



5

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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

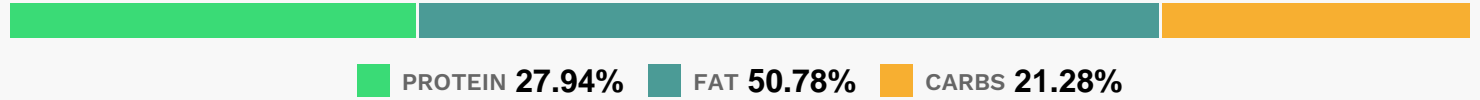
### Equipment

- 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:11.45, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:9.5630433300267%

## Nutrients (% of daily need)

Calories: 356.26kcal (17.81%), Fat: 19.86g (30.55%), Saturated Fat: 5.64g (35.28%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 18.44g (6.7%), Sugar: 16.41g (18.24%), Cholesterol: 97.98mg (32.66%), Sodium: 424.51mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.18%), Vitamin B3: 9.07mg (45.35%), Selenium: 19.29µg (27.55%), Vitamin B6: 0.49mg (24.28%), Phosphorus: 198.89mg (19.89%), Vitamin B5: 1.24mg (12.44%), Zinc: 1.78mg (11.9%), Vitamin B2: 0.18mg (10.43%), Potassium: 321.54mg (9.19%), Iron: 1.41mg (7.83%), Magnesium: 30.2mg (7.55%), Vitamin B12: 0.41µg (6.75%), Vitamin B1: 0.09mg (5.74%), Vitamin A: 249.29IU (4.99%), Copper: 0.09mg (4.38%), Vitamin E: 0.62mg (4.16%), Vitamin C: 3.38mg (4.1%), Manganese: 0.07mg (3.49%), Calcium: 24.55mg (2.45%), Vitamin K: 2.51µg (2.39%), Folate: 8.74µg (2.18%), Vitamin D: 0.26µg (1.74%), Fiber: 0.29g (1.17%)