



Sweet & Spicy Barbecue Chicken



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon olive oil extra virgin
- ☐ 2 garlic cloves finely minced
- ☐ 1 strong onion yellow finely chopped
- ☐ 4 chicken breast halves boneless skinless
- ☐ 2 tablespoons worcestershire sauce

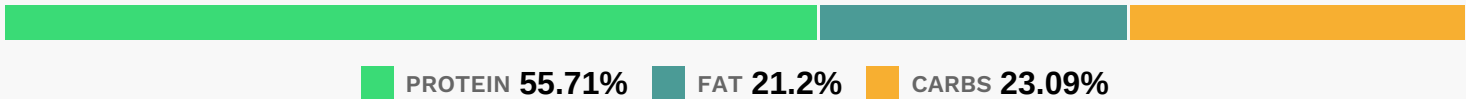
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ kitchen timer

Directions

- ☐ Combine the tomato sauce, garlic, oil, onion, Worcestershire sauce, chili powder and vinegar in a small saucepan.2
- ☐ Heat and stir for 5 minutes.3
- ☐ Remove ½ cup of the sauce and keep the remainder at a warm temperature, but do not boil.4 Set the Temperature to 375°F/185°C to allow the George Foreman grill to preheat.5
- ☐ Place the chicken in the grill and spoon ½ of the sauce over each breast. Close the grill and set the Timer to 5 minutes.6 When the Timer beeps, check the chicken with the tip of a knife. If the chicken is not cooked completely through, continue grilling for 1 to 2 minutes.7 Pass the remaining sauce with the grilled chicken.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.56, Inflammation Score:-6, Nutrition Score:16.624782748844%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 185.94kcal (9.3%), Fat: 4.35g (6.7%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 8.39g (3.05%), Sugar: 5.88g (6.54%), Cholesterol: 72.32mg (24.11%), Sodium: 755.44mg (32.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.46%), Vitamin B3: 13mg (65%), Selenium: 37.3µg

(53.29%), Vitamin B6: 1.01mg (50.63%), Phosphorus: 283.47mg (28.35%), Potassium: 863.24mg (24.66%), Vitamin B5: 1.99mg (19.86%), Vitamin C: 12.41mg (15.04%), Vitamin E: 2.09mg (13.96%), Vitamin A: 649.88IU (13%), Magnesium: 50.68mg (12.67%), Vitamin B2: 0.21mg (12.17%), Iron: 2.08mg (11.55%), Manganese: 0.22mg (10.92%), Copper: 0.19mg (9.53%), Fiber: 2.27g (9.07%), Vitamin B1: 0.12mg (8.05%), Zinc: 0.99mg (6.63%), Folate: 20.18µg (5.04%), Vitamin K: 4.55µg (4.34%), Calcium: 40.85mg (4.09%), Vitamin B12: 0.23µg (3.77%)