



Sweet & Spicy Glazed BBQ Dinner

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp brown sugar
- 3 cups green beans hot cooked
- 0.5 tsp ground pepper red (cayenne)
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 1.5 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake bbq glaze seasoned coating mix
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Equipment

oven

Directions

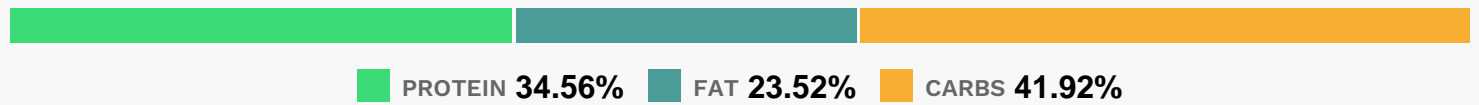
Preheat oven to 350F.

Mix coating mix, sugar and red pepper in shaker bag. Use to coat chicken, then bake as directed on package.

Meanwhile, prepare Dinner as directed on package.

Serve chicken with the Dinner and beans.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:4.17, Inflammation Score:-1, Nutrition Score:3.5565217228039%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 78.11kcal (3.91%), Fat: 2.03g (3.12%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.83g (2.85%), Sugar: 1.53g (1.7%), Cholesterol: 14.52mg (4.84%), Sodium: 128.65mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.41%), Vitamin B3: 2.45mg (12.25%), Selenium: 7.34µg (10.49%), Phosphorus: 103.67mg (10.37%), Vitamin B6: 0.19mg (9.33%), Vitamin K: 4.8µg (4.57%), Manganese: 0.09mg (4.54%), Potassium: 135.39mg (3.87%), Vitamin B5: 0.35mg (3.5%), Magnesium: 13.3mg (3.32%), Iron: 0.48mg (2.68%), Calcium: 25.43mg (2.54%), Zinc: 0.33mg (2.21%), Vitamin B2: 0.03mg (2.02%), Vitamin C: 1.64mg (1.98%), Vitamin A: 95.19IU (1.9%), Vitamin B1: 0.02mg (1.58%), Fiber: 0.31g (1.22%), Folate: 4.58µg (1.15%)