



The Best Barbequed Chicken Ever



Gluten Free



Dairy Free

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READY IN

ready

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580 min.

SERVINGS

servings

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6

CALORIES

calories

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380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons garlic powder
- ☐ 2 cups lemon-lime carbonated beverage flavored
- ☐ 12 chicken breast halves boneless skinless
- ☐ 1 cup soya sauce
- ☐ 1 cup vegetable oil

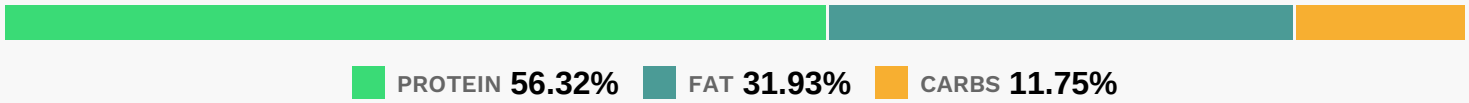
Equipment

- ☐ bowl

Directions

- ☐ To Make Marinade: In a medium bowl combine the oil, lemon-lime beverage, soy sauce and garlic powder. Stir thoroughly until you have a good mixture.
- ☐ Put chicken and marinate together in a plastic container and marinate in the refrigerator for 12 to 18 hours (6 to 9 hours if using skinless, boneless chicken breasts) before barbequing.
- ☐ Barbeque slowly – don't overcook. Turn frequently, basting with marinade with each turn. Cook until meat is no longer pink in the center and juices run clear. Discard any remaining marinade after use.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:22.973043529884%

Nutrients (% of daily need)

Calories: 379.81kcal (18.99%), Fat: 13.16g (20.25%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.52g (3.83%), Sugar: 8.69g (9.66%), Cholesterol: 144.64mg (48.21%), Sodium: 2430.4mg (105.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.8mg (3.93%), Protein: 52.24g (104.48%), Vitamin B3: 25.12mg (125.59%), Selenium: 72.81µg (104.01%), Vitamin B6: 1.78mg (89.12%), Phosphorus: 527.97mg (52.8%), Vitamin B5: 3.37mg (33.71%), Potassium: 927.91mg (26.51%), Magnesium: 75.59mg (18.9%), Vitamin B2: 0.29mg (16.81%), Vitamin K: 13.82µg (13.16%), Manganese: 0.23mg (11.71%), Vitamin B1: 0.17mg (11.38%), Iron: 1.82mg (10.09%), Zinc: 1.51mg (10.05%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 1.03mg (6.86%), Copper: 0.12mg (5.86%), Folate: 16.35µg (4.09%), Vitamin C: 2.72mg (3.3%), Calcium: 21.2mg (2.12%), Vitamin D: 0.23µg (1.51%), Fiber: 0.38g (1.51%), Vitamin A: 67.8IU (1.36%)