



White BBQ Chicken - Kraft

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

READY IN



170 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup heinz apple cider vinegar
- 3.5 lb broiler-fryer chicken
- 0.5 tsp garlic powder
- 0.8 tsp ground pepper black
- 1 Tbsp juice of lemon
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 tsp paprika smoked

Equipment

grill

Directions

- Mix all ingredients except chicken. Reserve 1/3 cup mayo mixture; refrigerate until ready to use.
- Pour remaining mayo mixture over chicken in shallow dish; turn to evenly coat both sides of each piece. Refrigerate 2 hours to marinate.
- Heat grill for indirect grilling: Light one side of grill, leaving other side unlit. Close lid; heat grill to 350F.
- Remove chicken from marinade; discard marinade.
- Place chicken on grate over lit area; cover. Grill 8 to 10 min. or until chicken is evenly seared, turning after 5 min. Move chicken to grate over unlit area; grill 18 to 20 min. or until chicken is done (165F), occasionally brushing with reserved mayo mixture and monitoring for consistent grill temperature.

Nutrition Facts

 **PROTEIN 30.21%**  **FAT 66.59%**  **CARBS 3.2%**

Properties

Glycemic Index:15.33, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:9.6695652137632%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 322.55kcal (16.13%), Fat: 23.33g (35.89%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.81g (0.9%), Cholesterol: 98.24mg (32.75%), Sodium: 244.23mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.63%), Vitamin B3: 8.68mg (43.4%), Selenium: 18.88µg (26.97%), Vitamin B6: 0.46mg (22.91%), Phosphorus: 193.01mg (19.3%), Vitamin K: 12.61µg (12.01%), Vitamin B5: 1.18mg (11.84%), Zinc: 1.71mg (11.38%), Vitamin B2: 0.16mg (9.28%), Potassium: 269.68mg (7.71%), Iron: 1.3mg (7.22%), Vitamin A: 356.57IU (7.13%), Magnesium: 27.64mg (6.91%), Vitamin B12: 0.39µg (6.56%), Vitamin E: 0.89mg (5.97%), Vitamin B1: 0.08mg (5.39%), Manganese: 0.09mg (4.51%), Vitamin C: 3.01mg (3.64%), Copper: 0.07mg (3.64%), Folate: 9.19µg (2.3%), Calcium: 18.01mg (1.8%), Vitamin D: 0.25µg (1.69%)