



Zesty Barbecued Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 48 ounce chicken breast halves bone-in skinless
- 3 tablespoons cider vinegar
- 2 teaspoons garlic minced
- 0.8 teaspoon ground pepper red
- 6 tablespoons juice of lemon
- 1.5 teaspoons mustard prepared
- 1.5 cups no-salt-added tomato sauce

2 tablespoons worcestershire sauce low-sodium

Equipment

sauce pan

grill

ziploc bags

Directions

Combine first 9 ingredients in a saucepan. Bring to a boil; cover, reduce heat, and simmer 20 minutes.

Pour 1 cup tomato sauce mixture into a heavy-duty zip-top plastic bag. Set aside remaining tomato sauce mixture.

Add chicken to bag; seal bag, and shake until chicken is well coated. Marinate in refrigerator 8 hours, turning bag occasionally.

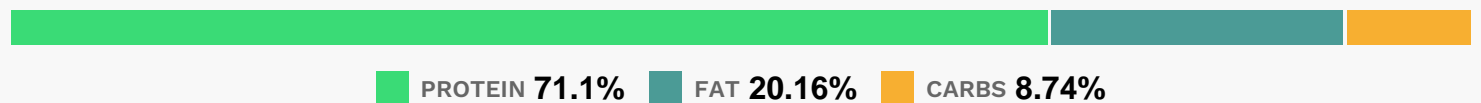
Prepare grill.

Remove chicken from marinade; discard marinade.

Place chicken on grill rack coated with cooking spray; cover and grill 8 minutes on each side or until chicken is done, basting frequently with reserved tomato sauce mixture.

carbo rating: 6

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:23.737826233325%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 285.74kcal (14.29%), Fat: 6.19g (9.52%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.21g (3.57%), Cholesterol: 145.15mg (48.38%), Sodium: 641.61mg (27.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.09g (98.18%), Vitamin B3: 24.35mg (121.76%), Selenium: 73.59µg (105.12%), Vitamin B6: 1.79mg (89.26%), Phosphorus: 501.75mg (50.18%), Vitamin B5: 3.45mg (34.52%), Potassium: 1099.34mg (31.41%), Magnesium: 71.54mg (17.88%), Vitamin C: 14.06mg (17.04%), Vitamin B2: 0.28mg (16.51%), Vitamin B1: 0.17mg (11.51%), Iron: 1.82mg (10.11%), Zinc: 1.5mg (9.99%), Vitamin E: 1.42mg (9.47%), Vitamin A: 444.09IU (8.88%), Manganese: 0.16mg (7.88%), Copper: 0.15mg (7.6%), Vitamin B12: 0.45µg (7.56%), Folate: 18.43µg (4.61%), Fiber: 1.13g (4.51%), Calcium: 30.74mg (3.07%), Vitamin K: 2.6µg (2.47%), Vitamin D: 0.23µg (1.51%)