



Barbecue Chicken

High protein, low fat

Number of Servings: 4

Calories Per Serving: 167

PCF Ratio: 41-54-5

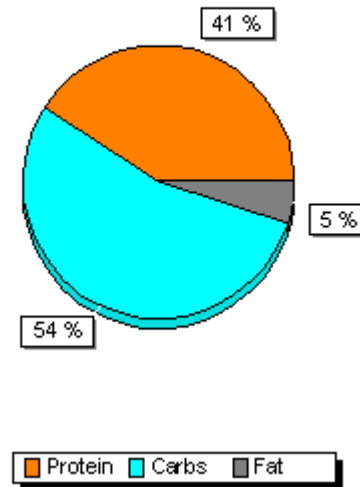
Single Serving Comment: 1/4 of recipe

Cooking Instructions

Place chicken on grill over medium heat. Cook 10 minutes, turning occasionally.

Combine remaining ingredients in a bowl and mix well. Generously brush chicken with apricot glaze and cook 10-15 minutes longer, turning pieces often and brushing with glaze frequently until chicken is cooked throughout.

41-54-5 Ratio



Nutrition Facts

Serving Size: 1/4 of recipe (121g)

Servings: 1

Amount Per Serving

Calories 167 Calories from Fat 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Cholesterol 41mg **14%**

Sodium 544mg **23%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **2%**

Sugars 20 g

Protein 17 g

Vitamin A 3% Vitamin C 8%

Calcium 2% Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Cholest (mg)	Dietary Fiber (g)	Sodium (mg)
CHICKEN BREAST, BONELESS, RAW	broiler/fryer, meat only (1 breast from 1lb rtc)	4 breasts	284	312.4	65.6		3.5	.9	164.7		184.6
JAM & PRESERVES, APRICOT		1/3 cup	107	258.1	.7	68.7	.2	.0		1.3	42.7
SOY SAUCE, SHOYU, LOW SALT	from soy & wheat, low sodium	2-1/2 tbsp	45	23.8	2.3	3.8	.0			.4	1,499.9
CATSUP/KETCHUP		2-1/2 tbsp	38	39	.6	10.2	.1	.0		.5	444.8
SUGAR, BROWN	packed	2 tsp	9	34.6		9					3.6
Recipe Total:				482	668	69.2	3.9	1	164.7	2.1	2,175.5
Single Serving Total:				121	167	17.3	1	.2	41.2	.5	543.9

Barbecue Chicken (continued)

Recipe Exchanges for Single Serving

Starch	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbohydrates
0	2	0	0	0	0	1.33	0	0	0	0	0.82