

# BBQ Chicken Foil Pack

**Prep:** 10 minutes

**Cook:** 25 minutes

## Ingredients

- 1 cup chopped zucchini
- 1/2 cup chopped onion
- 5 ounces raw boneless skinless chicken breast, pounded to 1/2-inch thickness
- Dash black pepper
- 2 tablespoons BBQ sauce with 45 calories or less per 2-tablespoon serving



## Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place veggies on the center of the foil. Top with chicken, and sprinkle with pepper. Drizzle with sauce.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through and veggies have softened.

Cut packet to release steam before opening entirely.

**MAKES 1 SERVING**

Nutrition Information: (Per Serving)

Entire recipe:

270 Calories

4g Fat

23g Carbs

34g Protein

Recipe from:

<http://www.hungry-girl.com/recipes/bbq-chicken-foil-pack>

## Jack Daniel's #7 BBQ Sauce

Per 2 Tbsp

| <b>Nutrition Facts</b>                        |                     |
|---|---------------------|
| Serving Size 34g<br>Servings Per Container 16 |                     |
| Amount Per Serving                            |                     |
| Calories 45                                   | Calories From Fat 0 |
| % Daily Value *                               |                     |
| Total Fat 0g                                  | 0%                  |
| Saturated Fat                                 | 0%                  |
| Trans Fat                                     | 0%                  |
| Cholesterol                                   | 0%                  |
| Sodium 300mg                                  | 13%                 |
| Total Carbohydrates 11g                       | 4%                  |
| Dietary Fiber                                 | 0%                  |
| Soluble Fiber                                 |                     |
| Sugars 9g                                     | 0%                  |
| Protein 0g                                    | 0%                  |

When looking at BBQ Sauces, there are 5 main things to consider: Portion size, calories, sodium, carbs, and sugar.

### **Serving Size and Calories:**

Since serving sizes tend to be smaller on sauces, typically 2 tablespoons, look for an option low in calories (about 45 calories or less)

## Head Country Original

Per 2 Tbsp

| <b>Nutrition Facts</b> |     |
|------------------------|-----|
| Serving Size 2 Tbsp    |     |
| Amount Per Serving     |     |
| Calories 45            |     |
| % Daily Values*        |     |
| Total Fat 0g           | 0%  |
| Saturated Fat 0g       | 0%  |
| Trans Fat 0g           |     |
| Sodium 240mg           | 10% |
| Total Carbohydrate 11g | 4%  |
| Dietary Fiber 1g       | 4%  |
| Sugars 5g              |     |
| Protein 0g             | 0%  |

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

**Sodium:** Sodium content in sauces tends to be high. For heart health, find a lower sodium option.

## Stubb's Original

Per 2 Tbsp



| <b>Nutrition Facts</b>   |    |
|--|----|
| Serving Size 2 Tbsp (32g)<br>Servings Per Container (approx. 16) |    |
| Amount Per Serving   |    |
| Calories 25  |    |
| % Daily Value*   |    |
| Total Fat 0g   | 0% |
| Sodium 240mg   | 9% |
| Total Carbohydrate 6g  | 2% |
| Dietary Fiber 1g   | 4% |
| Sugars 4g  |    |
| Protein 0g   |    |

### **Carbohydrate and Sugar:**

Bottled sauces tend to be high in carbohydrates due to added sugars. When looking for a BBQ sauce, look for one with the lowest sugar content.

Recipe from:

<http://www.hungry-girl.com/recipes/bbq-chicken-foil-pack>