

# THIS WEEK'S RECIPE

As seen on hdnews.net



## BBQ Chicken Snacks

- ½ cup tomato sauce
- 1 tablespoon ketchup
- 2 teaspoons honey
- 1 teaspoon molasses
- 1 teaspoon Worcestershire sauce
- 4 teaspoons white vinegar
- ¾ teaspoon cayenne pepper (optional)
- ⅛ teaspoon black pepper
- ¼ teaspoon onion powder
- 2 cloves garlic, minced
- ⅛ teaspoon ground ginger
- 1½ pounds chicken, skinless

- Combine all ingredients except chicken in saucepan and simmer for 15 minutes
- Put chicken in zip type plastic bag and mix with half of the sauce, marinate in refrigerator for 1 hour or longer.
- Place chicken on baking sheet lined with aluminum foil and broil 10 minutes on each side to seal in juices.
- Remove from broiler and add remaining sauce to chicken, cover with aluminum foil and bake at 350° for 30 minutes.



## Nutrition Facts

Serving Size (145g)  
Servings Per Container 6

Amount Per Serving  
Calories 150                      Calories from Fat 15

	% Daily Value*	
Total Fat 1.5g	2%	
Saturated Fat 0g	0%	
Cholesterol 65mg	22%	
Sodium 220mg	9%	
Total Carbohydrate 6g	2%	
Dietary Fiber 0g	0%	
Sugars 4g		

Protein 27g

Vitamin A 4% • Vitamin C 6%  
Calcium 2% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4  
Skinless chicken breast meat was used for this analysis



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