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Easy BBQ Bake ♦♦

The Easy BBQ Bake is a delicious and flavorful dish that can be enjoyed by everyone. It is a perfect combination of smoky BBQ flavors and tender meat. This dish is easy to prepare and can be enjoyed as a main course or as a side dish. It is a great option for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	chicken breast
1 c	bbq sauce
500 g	potatoes
2 tbsp	olive oil
1 tsp	salt

1 tsp	black pepper
1 tsp	paprika
1 tsp	garlic powder

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the chicken breast into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix the BBQ sauce, olive oil, salt, black pepper, paprika, and garlic powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the chicken pieces to the bowl and coat them with the BBQ sauce mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Place the coated chicken pieces on a baking sheet and bake in the preheated oven for 25 minutes.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Cutting

While the chicken is baking, peel and cut the potatoes into wedges.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

In a bowl, mix the potato wedges with olive oil, salt, black pepper, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Remove the baking sheet from the oven and add the potato wedges to the sheet.

Prep Time: 0 mins

Cook Time: 20 mins

Step 9

Baking

Return the baking sheet to the oven and bake for an additional 20 minutes or until the chicken is cooked through and the potatoes are crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 10

Serving

Serve the Easy BBQ Bake hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 12 g

Protein: 40 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	1000 mg	29.41%	38.46%
Zinc	30 mg	272.73%	375%
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Events

Barbecue

Meal Type

Breakfast

Lunch

Snack

Dinner

Course

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Difficulty Level

Easy

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