

cracker barrel smoky southern grilled chicken nutrition

cracker barrel smoky southern grilled chicken nutrition is a popular topic among health-conscious diners and those who appreciate flavorful, Southern-inspired cuisine. Understanding the nutritional content of Cracker Barrel's Smoky Southern Grilled Chicken can help individuals make informed dietary choices while enjoying a meal. This article provides a detailed analysis of the nutritional profile, including calories, macronutrients, vitamins, minerals, and potential dietary considerations. In addition, the article explores how this dish fits into various eating plans, such as low-carb, high-protein, and balanced diets. Whether you are managing calorie intake or seeking a wholesome grilled chicken option, this guide offers comprehensive insights into the cracker barrel smoky southern grilled chicken nutrition. The following sections will delve into the key nutritional values, health benefits, potential allergens, and tips for pairing this dish with complementary sides.

- Nutritional Breakdown of Cracker Barrel Smoky Southern Grilled Chicken
- Calories and Macronutrients
- Vitamins and Minerals Content
- Health Benefits and Dietary Considerations
- Potential Allergens and Ingredients
- Recommended Pairings and Serving Suggestions

Nutritional Breakdown of Cracker Barrel Smoky Southern Grilled Chicken

Cracker Barrel's Smoky Southern Grilled Chicken is designed to provide a flavorful yet nutritious option for diners seeking grilled poultry with a Southern twist. The dish typically features chicken breasts marinated and grilled with a smoky seasoning blend, delivering a rich taste without excessive calories. Understanding the detailed nutritional makeup is crucial for those tracking their food intake or balancing macronutrients.

Protein Content

The primary nutritional highlight of the Smoky Southern Grilled Chicken is its high protein content. Chicken breast is naturally rich in lean protein, which supports muscle maintenance, satiety, and overall metabolic health. A standard serving size of this dish offers approximately 30 to 35 grams of protein, making it an excellent choice for individuals focusing on protein-rich meals.

Fat and Carbohydrates

In addition to protein, the fat and carbohydrate content of the dish are relatively moderate. The smoky seasoning adds flavor without increasing sugar or carbohydrate levels significantly. The fat content mainly comes from the chicken itself and any marinade ingredients, typically resulting in a moderate amount of healthy fats. Carbohydrates are minimal, usually under 5 grams per serving, which suits low-carb and ketogenic dietary preferences.

Calories and Macronutrients

Caloric intake is a critical factor when evaluating any meal. The Smoky Southern Grilled Chicken offers a balanced caloric profile that aligns well with weight management and fitness goals.

Caloric Value

One serving of Cracker Barrel's Smoky Southern Grilled Chicken generally contains around 250 to 300 calories. This calorie range is suitable for a main course and can fit into both moderate and calorie-restricted diets with appropriate side choices.

Macronutrient Distribution

The macronutrient breakdown typically includes:

- **Protein:** 30-35 grams, supporting muscle repair and growth
- **Fat:** 7-10 grams, including some heart-healthy unsaturated fats
- **Carbohydrates:** 3-5 grams, mostly from spices and marinade ingredients

This distribution highlights the dish's suitability for high-protein, moderate-fat, and low-carb nutritional strategies.

Vitamins and Minerals Content

Beyond macronutrients, the Smoky Southern Grilled Chicken provides essential micronutrients that contribute to overall health and well-being.

Key Vitamins

The dish contains several B vitamins, including niacin (B3) and vitamin B6, which play important roles in energy metabolism and brain function. These vitamins are naturally

abundant in poultry and are retained well through grilling.

Essential Minerals

Chicken is a good source of minerals such as phosphorus, selenium, and zinc. Phosphorus supports bone health, selenium acts as an antioxidant, and zinc is vital for immune function. The smoky seasoning may also contribute trace amounts of minerals, enhancing the dish's nutritional value.

Health Benefits and Dietary Considerations

Choosing Cracker Barrel's Smoky Southern Grilled Chicken can offer several health benefits, especially when integrated into a balanced diet.

Lean Protein Source

As a lean protein source, this dish supports muscle maintenance, weight management, and metabolic health. It is lower in saturated fat compared to fried or heavily breaded chicken options.

Low-Carb and Keto-Friendly

With minimal carbohydrates, the dish fits well into low-carb and ketogenic diets. The smoky flavor adds satisfaction without the need for high-calorie sauces or breading.

Considerations for Sodium Intake

One dietary consideration is the sodium content, which may be elevated due to seasoning and marination. Individuals monitoring sodium intake should account for this when planning their meals.

Potential Allergens and Ingredients

Understanding the ingredients and potential allergens in the Smoky Southern Grilled Chicken is important for those with food sensitivities or allergies.

Common Ingredients

The main components include chicken breast, a smoky seasoning blend (typically containing paprika, garlic powder, onion powder, and other spices), salt, and possibly sugar or other flavor enhancers in the marinade.

Allergen Information

This dish is generally free of common allergens such as gluten, dairy, and nuts. However, cross-contamination in the kitchen is always a possibility, and individuals with severe allergies should inquire directly with the restaurant.

Recommended Pairings and Serving Suggestions

To create a well-rounded meal, pairing the Smoky Southern Grilled Chicken with nutritious sides enhances both flavor and nutritional balance.

Healthy Side Options

- Steamed or roasted vegetables such as green beans, broccoli, or carrots
- Fresh garden salad with a light vinaigrette
- Mashed sweet potatoes or baked potatoes for added fiber and vitamins
- Whole grain options like brown rice or quinoa for complex carbohydrates

Complementary Beverages

Water, unsweetened iced tea, or low-calorie beverages are ideal choices to maintain hydration without adding excess calories or sugars.

Frequently Asked Questions

What are the calories in Cracker Barrel's Smoky Southern Grilled Chicken?

Cracker Barrel's Smoky Southern Grilled Chicken contains approximately 460 calories per serving.

How much protein is in the Smoky Southern Grilled Chicken at Cracker Barrel?

The Smoky Southern Grilled Chicken at Cracker Barrel provides about 49 grams of protein per serving.

Is Cracker Barrel's Smoky Southern Grilled Chicken high in sodium?

Yes, the Smoky Southern Grilled Chicken at Cracker Barrel contains around 1,300 mg of sodium, which is considered high.

What are the main ingredients in Cracker Barrel's Smoky Southern Grilled Chicken?

The main ingredients include grilled chicken breast, smoky barbecue seasoning, and a blend of spices.

Does the Smoky Southern Grilled Chicken at Cracker Barrel contain any allergens?

It may contain allergens such as soy and gluten depending on the seasoning and preparation; it's best to check with Cracker Barrel for specific allergen information.

Is Cracker Barrel's Smoky Southern Grilled Chicken a good option for low-carb diets?

Yes, the Smoky Southern Grilled Chicken is relatively low in carbohydrates, making it suitable for low-carb diets.

How much fat is in the Smoky Southern Grilled Chicken from Cracker Barrel?

This dish contains approximately 18 grams of fat per serving, including some saturated fat.

Can Cracker Barrel's Smoky Southern Grilled Chicken be included in a keto diet?

Yes, due to its high protein and moderate fat content with low carbohydrates, it can fit into a keto diet plan.

Does the nutritional content of Cracker Barrel's Smoky Southern Grilled Chicken vary by location?

Nutritional content may vary slightly by location and preparation, but generally remains consistent across Cracker Barrel restaurants.

Are there any healthier modifications available for Cracker Barrel's Smoky Southern Grilled Chicken?

You can request to hold sauces or sides high in calories and opt for vegetables or salads to make the meal healthier.

Additional Resources

1. *The Ultimate Guide to Cracker Barrel's Smoked Southern Grilled Chicken Nutrition*

This book offers a detailed nutritional analysis of Cracker Barrel's popular smoked southern grilled chicken. It breaks down calories, macronutrients, and key vitamins and minerals, helping readers make informed dining choices. Additionally, it provides tips on customizing orders for healthier options without sacrificing flavor.

2. *Southern Grilled Chicken: Nutrition Facts and Healthy Eating Tips*

Exploring the rich flavors of southern grilled chicken, this book focuses on the nutritional content and health benefits of traditional recipes like Cracker Barrel's. It also includes meal plans and ingredient substitutions to help readers enjoy southern cuisine while maintaining a balanced diet.

3. *Cracker Barrel Classics: Nutritional Insights into Southern Favorites*

This comprehensive guide delves into the nutritional profiles of Cracker Barrel's most beloved dishes, including their smoky southern grilled chicken. It highlights the balance of proteins, fats, and carbohydrates, and offers advice on portion control and complementary sides for a wholesome meal.

4. *Healthy Southern Cooking: Smoked Grilled Chicken and Beyond*

A cookbook and nutrition guide that combines southern culinary traditions with modern healthy eating principles. Featuring Cracker Barrel-style smoked grilled chicken recipes, it shows how to enjoy southern comfort food with mindful nutrition and lower calorie counts.

5. *The Science of Southern Grilled Chicken Nutrition*

This book takes a scientific approach to understanding the nutritional components of southern grilled chicken dishes. It explains how smoking and grilling methods impact nutrient retention and flavor, using Cracker Barrel's smoky southern grilled chicken as a case study.

6. *Grilled Chicken and Southern Flavors: A Nutritional Perspective*

Focused on grilled chicken recipes from the southern United States, this book evaluates the nutritional content and health impacts of popular dishes like Cracker Barrel's smoky southern grilled chicken. It also provides guidance on pairing meals with nutritious sides and beverages.

7. *Cracker Barrel Nutrition Handbook: Southern Grilled Chicken Edition*

A handy reference book detailing the nutritional information of Cracker Barrel's southern grilled chicken and related menu items. Perfect for diners tracking their intake, it includes calorie counts, allergen information, and suggestions for healthier modifications.

8. *Southern Comfort Food with a Nutritional Twist: Grilled Chicken Recipes*

This cookbook reinvents southern comfort food classics with a focus on nutrition and wellness. Featuring grilled chicken recipes inspired by Cracker Barrel's smoky southern style, it offers lighter alternatives while preserving authentic southern flavors.

9. *Eating Smart at Cracker Barrel: Nutrition and Menu Guide*

Designed for health-conscious diners, this book provides a comprehensive guide to Cracker Barrel's menu with a spotlight on the smoky southern grilled chicken. It includes detailed nutrition facts, tips for healthier ordering, and insights into balancing indulgence with

nutrition.

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