



Backyard BBQ Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 10 ounce kernel corn whole frozen
- ☐ 0.5 cup bell pepper green chopped
- ☐ 16 ounce chicken breast halves boneless skinless

Equipment

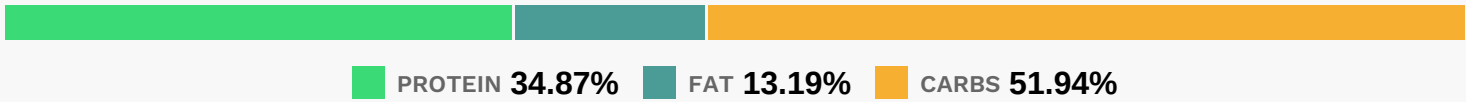
- ☐ baking sheet
- ☐ oven
- ☐ grill

☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F or grill to medium-high.
- ☐ Center one chicken breast half on each sheet of Reynolds Wrap® Heavy Duty Aluminum Foil. Spoon barbecue sauce over chicken. Top with vegetables.
- ☐ Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.
- ☐ Bake 18 to 22 minutes on a cookie sheet in oven OR GRILL 12 to 15 minutes in covered grill.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:14.854347923528%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 308.43kcal (15.42%), Fat: 4.43g (6.82%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 38.3g (13.93%), Sugar: 24.18g (26.87%), Cholesterol: 72.57mg (24.19%), Sodium: 984.07mg (42.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.73%), Vitamin B3: 12.9mg (64.48%), Selenium: 37.22µg (53.17%), Vitamin B6: 0.94mg (47.23%), Phosphorus: 285.22mg (28.52%), Vitamin C: 17.97mg (21.78%), Potassium: 700.26mg (20.01%), Vitamin B5: 1.75mg (17.52%), Magnesium: 48.44mg (12.11%), Vitamin B2: 0.17mg (9.96%), Manganese: 0.17mg (8.48%), Vitamin B1: 0.11mg (7.35%), Folate: 28.38µg (7.1%), Zinc: 1mg (6.68%), Iron: 1.1mg (6.09%), Copper: 0.12mg (5.82%), Vitamin E: 0.86mg (5.71%), Vitamin A: 263.09IU (5.26%), Fiber: 0.96g (3.84%), Vitamin B12: 0.23µg (3.78%), Calcium: 32.54mg (3.25%), Vitamin K: 2.89µg (2.75%)