



## Barbecue Chicken Dinner Packets

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup hunt's original barbecue sauce
- 1 cup bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 0.3 cup onion chopped
- 2 cups potatoes red thinly sliced (4 to 6 potatoes)
- 0.5 cup reduced fat cheddar cheese shredded
- 20 ounces chicken breasts boneless skinless

### Equipment

- frying pan
- oven
- grill
- aluminum foil

## Directions

- Preheat outdoor grill to medium-high heat according to manufacturer's directions.
- Place four 18x2-inch pieces of heavy foil on counter. Spray each with cooking spray. For each packet, spread a generous teaspoon barbecue sauce in center.
- Place 1/2 cup potatoes in single layer over sauce. Spoon another teaspoon sauce over potatoes.<sup>2</sup> Top potatoes with chicken. Spoon 1 teaspoon sauce over each breast. Top each with 1/4th bell pepper, onion and black pepper. Bring up short sides of each foil packet and double fold top. Double fold both ends to seal each packet, leaving space for steam to gather.<sup>3</sup>
- Place packets on grate of covered grill. Gril 15 to 20 minutes or until chicken is no longer pink in centers (165°F) and potatoes are tender. Carefully open packets; sprinkle 1/4th cheese on top of each breast. Close foil and let stand 2 minutes or until cheese melts.<sup>4</sup> COOK'S TIPS:.<sup>5</sup> Packets may be baked in shallow pan in 425°F oven 20 minutes or until chicken is no longer pink in centers and potatoes are tender.

## Nutrition Facts

**PROTEIN 50.1%** **FAT 16.16%** **CARBS 33.74%**

## Properties

Glycemic Index:17.25, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:19.779130355172%

## Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

## Nutrients (% of daily need)

Calories: 285.53kcal (14.28%), Fat: 5.02g (7.72%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 21.77g (7.92%), Sugar: 13.74g (15.27%), Cholesterol: 93.68mg (31.23%), Sodium: 627.39mg (27.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.96%), Vitamin B3: 15.63mg (78.14%), Selenium:

48.12µg (68.74%), Vitamin B6: 1.25mg (62.72%), Vitamin C: 35.83mg (43.43%), Phosphorus: 406.61mg (40.66%), Potassium: 868.8mg (24.82%), Vitamin B5: 2.26mg (22.6%), Magnesium: 56.95mg (14.24%), Vitamin B2: 0.22mg (12.82%), Vitamin B1: 0.16mg (10.47%), Manganese: 0.19mg (9.72%), Zinc: 1.33mg (8.87%), Calcium: 87.83mg (8.78%), Copper: 0.15mg (7.37%), Fiber: 1.79g (7.18%), Iron: 1.25mg (6.92%), Vitamin B12: 0.35µg (5.88%), Vitamin A: 293.18IU (5.86%), Folate: 20.33µg (5.08%), Vitamin K: 5.1µg (4.86%), Vitamin E: 0.71mg (4.72%), Vitamin D: 0.16µg (1.04%)