



Barbecue Chicken Packets

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 10 oz regular corn frozen
- 0.5 cup pasilla peppers green chopped
- 1 lb chicken breasts boneless skinless

Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Place 1 chicken breast on each of 4 large sheets heavy-duty foil; top with remaining ingredients.
- Fold to make 4 packets.
- Grill 12 to 15 min. or until chicken is done (165F).
- Cut slits in foil to release steam before opening packets.

Nutrition Facts

PROTEIN 39.85% **FAT 12.51%** **CARBS 47.64%**

Properties

Glycemic Index:2.5, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:16.214347963748%

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: 263.95kcal (13.2%), Fat: 3.75g (5.76%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 29.48g (10.72%), Sugar: 12.32g (13.68%), Cholesterol: 72.57mg (24.19%), Sodium: 503.87mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.7%), Vitamin B3: 13.32mg (66.61%), Selenium: 37.32µg (53.31%), Vitamin B6: 1.04mg (52.24%), Phosphorus: 310.67mg (31.07%), Vitamin C: 21.65mg (26.25%), Potassium: 743.48mg (21.24%), Vitamin B5: 1.9mg (19.01%), Magnesium: 58.67mg (14.67%), Vitamin B2: 0.2mg (11.82%), Vitamin B1: 0.16mg (10.96%), Fiber: 2.62g (10.49%), Manganese: 0.2mg (9.84%), Folate: 35.46µg (8.87%), Zinc: 1.24mg (8.26%), Iron: 1.19mg (6.63%), Copper: 0.1mg (5.24%), Vitamin E: 0.57mg (3.8%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 185.85IU (3.72%), Calcium: 22.16mg (2.22%), Vitamin K: 2.25µg (2.14%)