



Barbecued Chicken Packet

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp original barbecue sauce kraft
- 1 pepper ring green
- 1 pineapple ring fresh
- 0.3 lb chicken breast boneless skinless

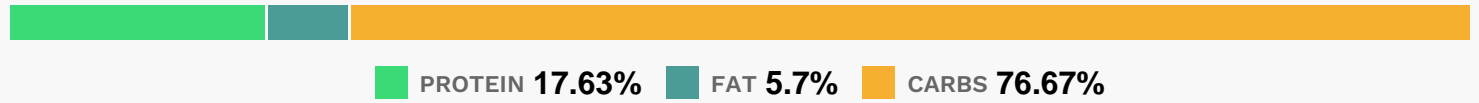
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Place chicken in center of large sheet heavy-duty foil; top with remaining ingredients.
- Fold to make packet.
- Grill 15 min. or until chicken is done (165F).
- Cut slits in foil to release steam before carefully opening packet.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:3.9330434323005%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 31.74kcal (1.59%), Fat: 0.22g (0.33%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.81g (2.11%), Sugar: 4.88g (5.42%), Cholesterol: 3.63mg (1.21%), Sodium: 15.96mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin C: 26.49mg (32.1%), Manganese: 0.43mg (21.43%), Vitamin B6: 0.11mg (5.36%), Vitamin B3: 0.85mg (4.26%), Fiber: 0.74g (2.97%), Vitamin B1: 0.04mg (2.86%), Copper: 0.06mg (2.79%), Selenium: 1.87µg (2.67%), Potassium: 82.69mg (2.36%), Folate: 8.98µg (2.25%), Magnesium: 7.61mg (1.9%), Vitamin B5: 0.18mg (1.84%), Phosphorus: 16.89mg (1.69%), Vitamin B2: 0.02mg (1.31%), Vitamin A: 51.87IU (1.04%)