



Basil Chicken and Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup tightly basil fresh shredded packed
- ☐ 1 large bell pepper thinly sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.7 cup carrots thinly sliced
- ☐ 4 teaspoons olive oil
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into 1-inch strips
- ☐ 1 small zucchini sliced

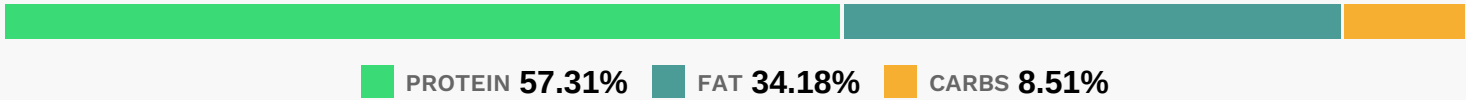
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Tear off 4 (12-inch) lengths of heavy-duty foil; fold each piece of foil in half, shiny sides together.
- ☐ Place on a baking sheet, and open out flat, shiny side up. Coat with cooking spray.
- ☐ Arrange one-fourth of chicken strips on half of each foil square near the crease. Spoon vegetables evenly over chicken; sprinkle with basil and black pepper.
- ☐ Drizzle 1 teaspoon olive oil over vegetables in each packet. Fold foil over chicken and vegetables, bringing edges together; fold edges over to seal securely. Pleat and crimp edges to make an airtight seal.
- ☐ Bake at 375 for 30 minutes.
- ☐ Remove chicken mixture from packets, and transfer to individual serving plates. Or, if desired, place packets on individual serving plates; cut an opening in the top of each packet, and fold aluminum foil back.
- ☐ Sprinkle each serving with 1 tablespoon Parmesan cheese.
- ☐ carbo rating: 6

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:28.780434406322%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 282.79kcal (14.14%), Fat: 10.53g (16.2%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.54g (3.93%), Cholesterol: 113.68mg (37.89%), Sodium: 329.82mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.73g (79.45%), Vitamin A: 5172.66IU (103.45%), Vitamin B3: 18.53mg (92.67%), Selenium: 56.17µg (80.24%), Vitamin C: 61.6mg (74.67%), Vitamin B6: 1.48mg (74.13%), Phosphorus: 437.8mg (43.78%), Vitamin B5: 2.71mg (27.14%), Potassium: 879.86mg (25.14%), Vitamin K: 21.82µg (20.78%), Vitamin B2: 0.27mg (15.96%), Magnesium: 62.48mg (15.62%), Vitamin E: 1.77mg (11.77%), Calcium: 113.51mg (11.35%), Manganese: 0.22mg (11.09%), Vitamin B1: 0.16mg (10.83%), Folate: 39.38µg (9.84%), Zinc: 1.46mg (9.71%), Fiber: 1.86g (7.46%), Vitamin B12: 0.43µg (7.09%), Iron: 1.18mg (6.55%), Copper: 0.1mg (4.76%), Vitamin D: 0.21µg (1.37%)