

Basil Chicken and Vegetables

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

skinless cut into 1-inch strips

DINNER

Ingredients

0.5 cup tightly basil fresh shredded packed
1 large bell pepper thinly sliced
O.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

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		
PROTEIN 57.31% FAT 34.18% CARBS 8.51%		

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, Myricetin: 0.01mg, Myricetin: 0.01

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 %: O% (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%)