



## Campfire Foil Packs



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound rotisserie chicken breast meat boneless skinless cubed
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 4 cloves garlic sliced
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 2 onions diced
- ☐ 4 small potatoes cubed
- ☐ 1 bell pepper red seeded sliced into strips

☐ 1 bell pepper yellow seeded sliced into strips

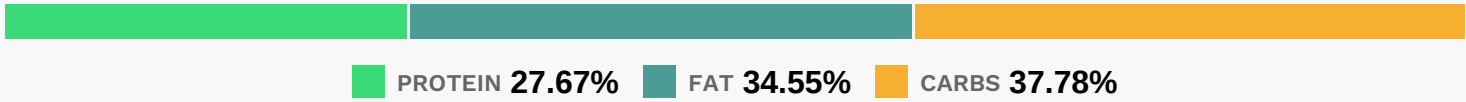
## Equipment

- ☐ bowl
- ☐ aluminum foil

## Directions

- ☐ In a large bowl, or a large zip-top bag, combine the chicken, onion, mushrooms, yellow pepper, red pepper, garlic, and potatoes.
- ☐ Pour in the olive oil and lemon juice, then mix well.
- ☐ Evenly divide the mixture between 4 large sheets of aluminum foil. Top each with another sheet of foil, and roll up the edges tightly. Wrap each packet again, securely in another sheet of foil to double wrap.
- ☐ Cook in the hot coals of a campfire until the chicken is opaque and the potatoes are tender, around 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:51.19, Glycemic Load:23.94, Inflammation Score:-9, Nutrition Score:30.065652111302%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg

## Nutrients (% of daily need)

Calories: 435.88kcal (21.79%), Fat: 17.02g (26.19%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 35.65g (12.96%), Sugar: 6.25g (6.94%), Cholesterol: 72.57mg (24.19%), Sodium: 149.42mg (6.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.35%), Vitamin C: 136.62mg (165.6%), Vitamin

B6: 1.65mg (82.65%), Vitamin B3: 16.31mg (81.57%), Selenium: 42.9µg (61.28%), Potassium: 1541.61mg (44.05%), Phosphorus: 419.81mg (41.98%), Vitamin B5: 3.21mg (32.08%), Vitamin B2: 0.45mg (26.34%), Fiber: 6.22g (24.88%), Manganese: 0.49mg (24.69%), Copper: 0.46mg (23.15%), Magnesium: 87.53mg (21.88%), Vitamin B1: 0.31mg (20.8%), Vitamin A: 1030.21IU (20.6%), Folate: 74.83µg (18.71%), Vitamin E: 2.68mg (17.85%), Iron: 2.54mg (14.12%), Vitamin K: 13.31µg (12.68%), Zinc: 1.7mg (11.35%), Calcium: 51.79mg (5.18%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.23µg (1.51%)