



Chicken and Leeks in Parchment

☒ Gluten Free ☒ Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

4

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CALORIES

calories

192 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots
- ☐ 16 ounce skinned and boned chicken breast halves
- ☐ 4 teaspoons thyme leaves fresh chopped
- ☐ 2 leeks
- ☐ 4 teaspoons mustard coarse-grained
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

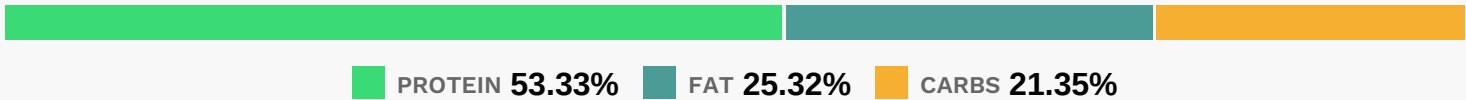
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut vegetables into 3-inch thin strips.
- ☐ Cut 4 (10-inch) circles of parchment; fold circles in half. Open circles, and brush half with oil.
- ☐ Place a chicken breast on oiled halves: spread with mustard. Top with leek and carrot.
- ☐ Sprinkle with thyme, salt, and pepper. Fold paper over; starting at 1 end, pleat and crimp edges to seal.
- ☐ Place on a baking sheet.
- ☐ Bake at 450 for 15 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:46.96, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:20.752173942068%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 192.3kcal (9.62%), Fat: 5.35g (8.24%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 7.94g (2.89%), Sugar: 3.25g (3.62%), Cholesterol: 72.57mg (24.19%), Sodium: 507.44mg (22.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.75%), Vitamin A: 5971.IIU (119.42%), Vitamin B3: 12.37mg (61.86%), Selenium: 38.48µg (54.97%), Vitamin B6: 1.01mg (50.31%), Phosphorus: 272.3mg (27.23%), Vitamin K: 26.86µg (25.58%), Manganese: 0.36mg (18.13%), Vitamin B5: 1.79mg (17.88%), Potassium: 620.36mg (17.72%), Vitamin C: 11.72mg (14.21%), Magnesium: 51.64mg (12.91%), Iron: 1.91mg (10.62%), Folate: 40.1µg (10.03%), Vitamin B2: 0.16mg (9.27%), Fiber: 2.21g (8.85%), Vitamin B1: 0.13mg (8.67%), Vitamin E: 1.13mg (7.56%), Copper:

0.12mg (5.8%), Zinc: 0.86mg (5.71%), Calcium: 54.55mg (5.45%), Vitamin B12: 0.23µg (3.78%)