



Chicken and Potato Parcels

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 baking potatoes cubed peeled
- 2 cups favorite barbeque sauce
- 3 rib celery chopped
- 2 medium bell peppers red chopped
- 2 chicken breast halves diced boneless skinless
- 1 large onion white chopped

Equipment

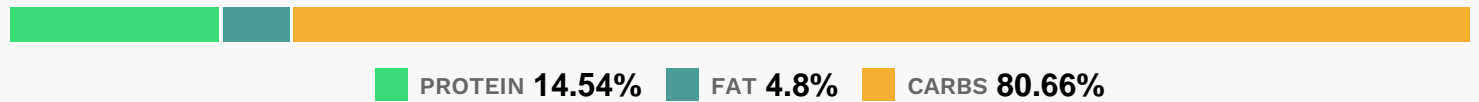
- bowl

- grill
- aluminum foil
- ziploc bags

Directions

- Make four foil packets by the following method, using 1-foot squares of heavy duty aluminum foil: fold square in half and smooth flat. Seal each of the narrow ends by folding over each edge three times to make a 1/4-inch border, smoothing flat after every fold. You should now have a foil packet that is open on one long side. Repeat to form four packets.
- In a bowl or resealable plastic bag, combine the potatoes, chicken cubes, red peppers, onion, celery, and barbeque sauce; mix well. Evenly divide the mixture among the foil packets.
- Roll up the open end of the packets to seal.
- Place packets on a grill over the coals of a fire. Cook until the potatoes are tender and the chicken is fully cooked, about 25 minutes, depending on the intensity of the heat.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:31.8, Inflammation Score:-9, Nutrition Score:26.246521732082%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 509.21kcal (25.46%), Fat: 2.75g (4.23%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 103.95g (34.65%), Net Carbohydrates: 97.99g (35.63%), Sugar: 52.9g (58.77%), Cholesterol: 36.16mg (12.05%), Sodium: 1553.57mg (67.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.46%), Vitamin C: 92.64mg (112.29%), Vitamin B6: 1.48mg (74.2%), Vitamin B3: 9.58mg (47.9%), Potassium: 1611.27mg (46.04%), Vitamin A: 2206.46IU (44.13%), Manganese: 0.64mg (31.94%), Selenium: 21.04µg (30.06%), Phosphorus: 290.92mg (29.09%), Fiber: 5.95g (23.82%), Magnesium: 93.24mg (23.31%), Vitamin B1: 0.29mg (19.55%), Vitamin B5: 1.92mg (19.17%), Iron:

3.29mg (18.29%), Copper: 0.36mg (18.13%), Folate: 69.71µg (17.43%), Vitamin B2: 0.27mg (15.76%), Vitamin E: 2.22mg (14.82%), Zinc: 1.4mg (9.35%), Vitamin K: 9.81µg (9.34%), Calcium: 90.79mg (9.08%), Vitamin B12: 0.11µg (1.88%)