



Chicken Baked in Parchment



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken-breast tenders
- ☐ 0.3 cup herbs mixed fresh chopped tarragon, basil, parsley, and chives
- ☐ 10 green beans cut into 1-inch pieces
- ☐ 4 small new potatoes red thinly sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings bell pepper
- ☐ 4 servings salt
- ☐ 4 scallions cut into 1/2-inch pieces

☐ 3 medium tomatoes diced seeded

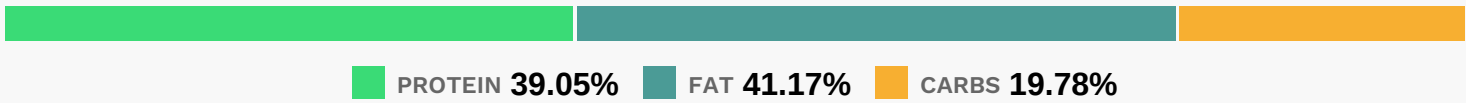
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cover potatoes in lightly salted water and bring to a boil. Reduce heat to a simmer and cook about 3 minutes or until tender-crisp; drain and set aside.
- ☐ Heat oven to 450 F.
- ☐ Cut parchment paper or aluminum foil into four 16-inch rounds. Fold each in half and then reopen. On half of each piece of parchment, place 1/4 of the green beans, tomatoes, scallions, chopped herbs, and blanched potatoes. Top each with 1/4 of the chicken tenders and season with salt and pepper.
- ☐ Sprinkle with the olive oil and vermouthe, if using. Fold the top of the parchment over and seal tightly, making small, closely spaced folds along the edge.
- ☐ Place on a baking sheet and cook 7 to 9 minutes or until the parchment browns.
- ☐ Serve each packet on a dinner plate; tear or cut them open at the table.

Nutrition Facts



Properties

Glycemic Index:65.94, Glycemic Load:9.53, Inflammation Score:-10, Nutrition Score:36.311304501865%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 401.8kcal (20.09%), Fat: 18.45g (28.38%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 15.23g (5.54%), Sugar: 6.75g (7.5%), Cholesterol: 108.86mg (36.29%), Sodium: 407.17mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.75%), Vitamin C: 129.99mg (157.57%), Vitamin K: 112.72µg (107.35%), Vitamin B3: 19.82mg (99.11%), Vitamin B6: 1.76mg (88%), Selenium: 54.83µg (78.33%), Vitamin A: 3683.6IU (73.67%), Phosphorus: 442.47mg (44.25%), Potassium: 1324.03mg (37.83%), Vitamin B5: 2.96mg (29.63%), Vitamin E: 4.1mg (27.32%), Magnesium: 83.91mg (20.98%), Folate: 81.79µg (20.45%), Fiber: 4.71g (18.84%), Manganese: 0.36mg (17.76%), Vitamin B2: 0.3mg (17.44%), Vitamin B1: 0.25mg (16.61%), Iron: 2.26mg (12.58%), Zinc: 1.61mg (10.75%), Copper: 0.2mg (9.93%), Vitamin B12: 0.34µg (5.67%), Calcium: 48.82mg (4.88%), Vitamin D: 0.17µg (1.13%)