



Chicken Olé Foil Supper

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 skinned and boned chicken breasts
- ☐ 4 servings toppings: cilantro fresh sour black sliced chopped
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 cup salsa
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

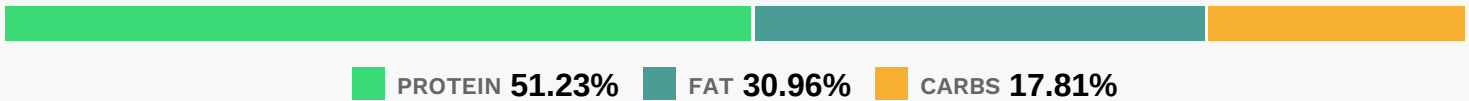
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Tear off 4 (18- x 12-inch) sheets of aluminum foil; lightly grease 1 side of each sheet.
- ☐ Place 1 chicken breast in center on lightly greased side of each foil sheet.
- ☐ Brush both sides of chicken evenly with oil; sprinkle evenly with salt and pepper. Spoon salsa evenly over chicken. Top evenly with black beans and, if desired, corn.
- ☐ Bring together 2 sides of each foil sheet over ingredients, and double fold with about 1-inch-wide folds. Double fold each end to form a packet, leaving room for heat circulation inside packet.
- ☐ Place packets on a baking sheet.
- ☐ Bake at 450 for 20 minutes. Carefully open foil packets to prevent burns from hot steam.
- ☐ Sprinkle evenly with cheese before serving.
- ☐ Serve chicken with desired toppings.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:30.993913121845%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 490.24kcal (24.51%), Fat: 16.59g (25.52%), Saturated Fat: 6.54g (40.85%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 13.22g (4.81%), Sugar: 2.21g (2.45%), Cholesterol: 171.57mg (57.19%), Sodium: 1453.03mg (63.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.77g (123.54%), Vitamin B3: 24.81mg (124.06%), Selenium: 78.4µg (112%), Vitamin B6: 1.85mg (92.74%), Phosphorus: 729.43mg (72.94%), Potassium: 1315.75mg

(37.59%), Vitamin B5: 3.59mg (35.87%), Fiber: 8.25g (32.99%), Magnesium: 110.62mg (27.65%), Vitamin B2: 0.46mg (27.04%), Calcium: 249.78mg (24.98%), Vitamin B1: 0.32mg (21.15%), Folate: 79.61µg (19.9%), Zinc: 2.84mg (18.92%), Iron: 3.24mg (18.03%), Manganese: 0.36mg (18%), Copper: 0.31mg (15.3%), Vitamin B12: 0.8µg (13.34%), Vitamin A: 500.31IU (10.01%), Vitamin E: 1.28mg (8.55%), Vitamin C: 6.54mg (7.92%), Vitamin K: 7.86µg (7.49%), Vitamin D: 0.37µg (2.45%)