



Chile Chicken and Bell Pepper Packs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast uncooked coarsely chopped (not breaded)
- ☐ 2 tablespoons sriracha old el paso®
- ☐ 0.3 cup onion
- ☐ 0.3 cup poblano pepper chopped
- ☐ 0.3 cup bell pepper red yellow chopped

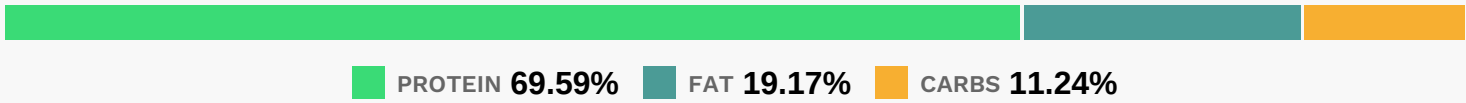
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. Tear off 12-inch length of heavy-duty foil to make packet. Lightly spray 1 side of foil (side that will be inside of packet) with canola oil cooking spray.
- ☐ In center of foil, place chicken, bell pepper, chile and onion. Spoon cooking sauce over top. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space on sides for heat circulation and expansion. Fold other sides to seal.
- ☐ Place foil packet on grill. Cover grill; cook 12 to 15 minutes, turning packet once. Cooking times are approximate and depend on the heat of your grill.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:35.323913201042%

Flavonoids

Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg, Luteolin: 2.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

Nutrients (% of daily need)

Calories: 588.23kcal (29.41%), Fat: 11.89g (18.29%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 12.65g (4.6%), Sugar: 8.49g (9.43%), Cholesterol: 289.28mg (96.43%), Sodium: 2198.2mg (95.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 97.09g (194.18%), Vitamin B3: 47.7mg (238.5%), Selenium: 144.95µg (207.07%), Vitamin B6: 3.58mg (178.98%), Vitamin C: 106.69mg (129.32%), Phosphorus: 977.19mg (97.72%), Vitamin B5: 6.59mg (65.9%), Potassium: 1874.96mg (53.57%), Magnesium: 129.71mg (32.43%), Vitamin B2: 0.48mg (28.38%), Vitamin B1: 0.34mg (22.62%), Zinc: 2.8mg (18.68%), Vitamin B12: 0.9µg (15.07%), Fiber: 3.03g (12.1%), Iron: 2.05mg (11.41%), Manganese: 0.21mg (10.42%), Copper: 0.2mg (10.1%), Folate: 39.09µg (9.77%), Vitamin A: 348.73IU (6.97%), Vitamin E: 1mg (6.7%), Calcium: 39.62mg (3.96%), Vitamin K: 3.82µg (3.64%), Vitamin D: 0.45µg (3.01%)