



Grilled Parmesan-Ranch Chicken Foil Packs

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots cut in half lengthwise
- 0.3 lb green beans fresh trimmed
- 0.5 teaspoon alouette garlic & herbs spreadable cheese salt-free
- 0.3 cup parmesan shredded finely
- 0.5 cup ranch dressing reduced-fat
- 2 cups potatoes - remove skin red quartered
- 16 oz chicken breast boneless skinless
- 0.3 cup water

Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 4 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray.
- Sprinkle chicken with garlic-herb blend; place 1 breast on each sheet of foil.
- Drizzle 1 tablespoon of the dressing over each breast.
- In medium bowl, mix remaining 1/4 cup dressing and the water. Stir in potatoes, carrots and green beans. Divide vegetables among chicken breasts.
- Sprinkle with cheese.
- Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill over medium heat. Cover grill; cook 10 minutes. Rotate packets 1/2 turn; cook 5 to 15 minutes longer or until vegetables are tender and juice of chicken is clear when center of thickest part is cut (170F).
- To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.

Nutrition Facts

 PROTEIN **34.46%**  FAT **50.45%**  CARBS **15.09%**

Properties

Glycemic Index:18.25, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:22.887825965881%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 339.32kcal (16.97%), Fat: 18.81g (28.94%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 10.34g (3.76%), Sugar: 4.4g (4.89%), Cholesterol: 86.71mg (28.9%), Sodium: 572.84mg (24.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Vitamin A: 4721.54IU (94.43%), Vitamin B3: 12.68mg (63.42%), Selenium: 39.86µg (56.94%), Vitamin K: 56.85µg (54.15%), Vitamin B6: 1mg (50.16%), Phosphorus: 394.38mg (39.44%), Vitamin B5: 2.19mg (21.9%), Potassium: 752.72mg (21.51%), Calcium: 137.66mg (13.77%), Magnesium: 53.34mg (13.33%), Vitamin B2: 0.22mg (12.93%), Vitamin C: 8.88mg (10.76%), Manganese: 0.19mg (9.69%), Vitamin B1: 0.14mg (9.57%), Fiber: 2.33g (9.32%), Iron: 1.43mg (7.94%), Zinc: 1.19mg (7.9%), Folate: 31.06µg (7.77%), Copper: 0.14mg (7.16%), Vitamin E: 1.02mg (6.8%), Vitamin B12: 0.38µg (6.3%), Vitamin D: 0.19µg (1.23%)