



Grilled Sweet and Sour Chicken Foil Packs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.5 cup soy sauce
- 8 oz pineapple chunks drained canned
- 1 medium bell pepper cut into strips
- 0.3 small onion cut into small wedges
- 0.5 cup chow mein noodles

Equipment

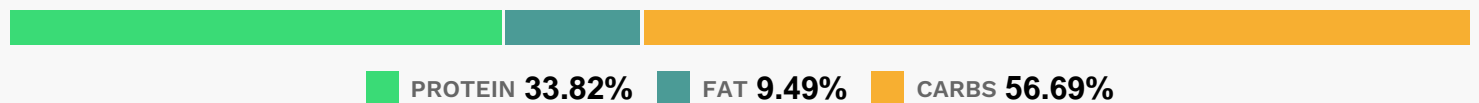
- grill

aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut four 18x12-inch pieces of heavy-duty foil; spray with cooking spray.
- On one side of each foil piece, place 1 chicken breast. Top each with 1 tablespoon sweet-and-sour sauce and one-fourth of the pineapple, bell pepper and onion. Top with remaining sauce.
- Fold foil over chicken and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for heat expansion.
- When grill is heated, place packets on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 15 to 20 minutes, rotating packets 1/2 turn after 10 minutes, until juice of chicken is clear when center of thickest part is cut (165°F).
- Place packets on plates.
- Cut large X across top of each packet; fold back foil. Top with chow mein noodles.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:19.070869313634%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 426.72kcal (21.34%), Fat: 4.36g (6.7%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 55.57g (20.21%), Sugar: 31.32g (34.8%), Cholesterol: 90.72mg (30.24%), Sodium: 873.19mg (37.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.9%), Vitamin B3: 15.24mg (76.21%), Selenium: 45.64µg (65.2%), Vitamin B6: 1.2mg (59.8%), Vitamin C: 45.43mg (55.07%), Phosphorus: 310.64mg (31.06%), Vitamin B5: 2.12mg (21.2%), Vitamin A: 1002.43IU (20.05%), Potassium: 663.93mg (18.97%), Magnesium: 49.37mg (12.34%), Fiber: 3.02g (12.09%), Vitamin B1: 0.17mg (11.11%), Vitamin B2: 0.18mg (10.6%), Iron: 1.77mg (9.83%), Zinc: 0.96mg (6.4%), Folate: 23.02µg (5.76%), Copper: 0.11mg (5.29%), Vitamin E: 0.75mg (5.01%), Vitamin B12: 0.28µg (4.72%), Manganese: 0.06mg (3.01%), Vitamin K: 2.16µg (2.05%), Calcium: 19.25mg (1.92%)