



Foil-Baked Asian Chicken

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby spinach
- 8 teaspoons olive oil
- 4 servings salt
- 16 oz chicken breast halves boneless skinless
- 4 teaspoons teriyaki sauce
- 8 ounces mushrooms white sliced

Equipment

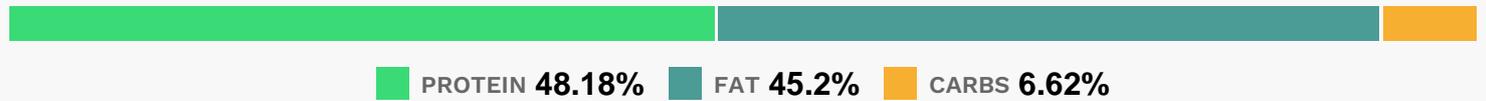
- baking sheet

- oven
- aluminum foil

Directions

- Preheat oven to 450F. Tear off 4 10-inch squares of aluminum foil.
- Brush each square with 2 tsp. olive oil.
- Place 1 cup spinach on each square, slightly off center. Top with a chicken breast half and some mushrooms.
- Drizzle 1 tsp. teriyaki sauce over each portion; sprinkle with salt.
- Fold each piece of foil over to cover chicken and vegetables. Crimp edges together tightly to seal.
- Place packets on a rimmed baking sheet and bake until chicken is cooked through, 15 to 20 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:24.649999898413%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 223.75kcal (11.19%), Fat: 11.25g (17.3%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.94g (2.16%), Cholesterol: 72.57mg (24.19%), Sodium: 540.8mg (23.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.98g (53.95%), Vitamin K: 149.94µg (142.8%), Vitamin B3: 14.15mg (70.77%), Selenium: 41.92µg (59.88%), Vitamin A: 2847.12IU (56.94%), Vitamin B6: 0.97mg (48.59%), Phosphorus: 309.19mg (30.92%), Vitamin B5: 2.49mg (24.94%), Vitamin B2: 0.4mg (23.62%), Potassium: 778.49mg (22.24%), Folate: 72.77µg (18.19%), Manganese: 0.31mg (15.66%), Magnesium: 61.3mg (15.32%), Vitamin C: 10.98mg (13.31%), Vitamin E: 1.98mg (13.21%), Copper: 0.25mg (12.75%), Vitamin B1: 0.14mg (9.56%), Iron: 1.65mg (9.15%),

Zinc: 1.12mg (7.45%), Fiber: 1.23g (4.93%), Vitamin B12: 0.25µg (4.16%), Calcium: 38.5mg (3.85%), Vitamin D: 0.23µg (1.51%)