



Foil-Pack Asian Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups available in the asian foods section of some supermarkets and at asian markets mixed frozen
- 0.5 cup original barbecue sauce kraft
- 0.3 cup creamy peanut butter
- 2 cups rice white instant uncooked
- 1.5 lb chicken breasts boneless skinless
- 2 tsp lite soy sauce
- 2.3 cups warm water divided

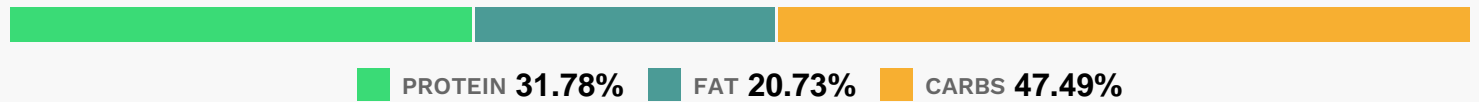
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Combine rice and 2 cups warm water; spoon onto centers of 6 large sheets heavy-duty foil. Top with chicken and vegetables.
- Mix peanut butter, barbecue sauce, soy sauce and remaining water; drizzle over vegetables.
- Fold foil to make 6 packets; place in single layer on rimmed baking sheet.
- Bake 30 to 35 min. or until chicken is done (165F).
- Let stand 5 min.
- Cut slits in foil to release steam before opening packets.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:26.243478223034%

Nutrients (% of daily need)

Calories: 402.82kcal (20.14%), Fat: 9.33g (14.35%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 43.15g (15.69%), Sugar: 9.09g (10.1%), Cholesterol: 72.57mg (24.19%), Sodium: 584.94mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.17g (64.34%), Vitamin A: 4708.39IU (94.17%), Vitamin B3: 16.63mg (83.13%), Selenium: 48.08µg (68.69%), Vitamin B6: 1.04mg (52.06%), Phosphorus: 369.46mg (36.95%), Manganese: 0.72mg (35.95%), Vitamin B1: 0.47mg (31.37%), Folate: 119.84µg (29.96%), Potassium: 740.4mg (21.15%), Vitamin B5: 2.05mg (20.49%), Fiber: 4.93g (19.72%), Magnesium: 78.29mg (19.57%), Iron: 3.48mg (19.31%), Vitamin B2: 0.24mg (13.86%), Vitamin C: 10.97mg (13.29%), Copper: 0.25mg (12.26%), Zinc: 1.81mg (12.05%), Vitamin E: 1.4mg (9.31%), Calcium: 50.92mg (5.09%), Vitamin B12: 0.23µg (3.78%)