



Foil-Pack Chicken and Artichoke Dinner



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.8 ounce artichoke hearts drained quartered canned
- ☐ 3 cups rice white instant uncooked
- ☐ 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- ☐ 0.3 cup pesto
- ☐ 6 small chicken breast halves boneless skinless
- ☐ 2 cups tomatoes chopped
- ☐ 3 cups warm water

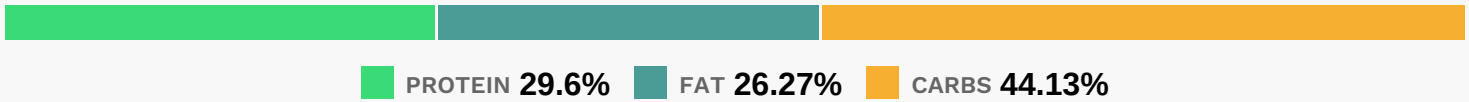
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Mix rice and water; spoon evenly onto center of each of six large sheets of heavy-duty foil. Top each with 1 chicken breast. Cover evenly with the artichokes and tomatoes, then drizzle evenly with the combined dressing and pesto.
- ☐ Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside.
- ☐ Place packets in single layer in 15x10x1-inch baking pan.
- ☐ Bake 30 to 35 minutes or until chicken is cooked through (170 degrees F).
- ☐ Remove packets from oven; let stand 5 minutes.
- ☐ Place one packet on each of six dinner plates.
- ☐ Cut slits in foil with sharp knife to release steam before opening.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:20.483043256013%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 403.14kcal (20.16%), Fat: 11.39g (17.52%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 40.45g (14.71%), Sugar: 4.27g (4.75%), Cholesterol: 73.15mg (24.38%), Sodium: 674.74mg (29.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.73%), Vitamin B3: 15.12mg (75.59%),

Selenium: 52.55µg (75.07%), Vitamin B6: 0.95mg (47.55%), Vitamin B1: 0.49mg (32.85%), Folate: 130.22µg (32.56%), Phosphorus: 302.9mg (30.29%), Manganese: 0.5mg (25.16%), Iron: 3.37mg (18.73%), Vitamin B5: 1.84mg (18.4%), Potassium: 563.87mg (16.11%), Vitamin K: 15.16µg (14.44%), Vitamin A: 662.99IU (13.26%), Magnesium: 43.03mg (10.76%), Fiber: 2.58g (10.32%), Vitamin C: 8.24mg (9.99%), Zinc: 1.38mg (9.2%), Copper: 0.16mg (7.93%), Vitamin B2: 0.13mg (7.91%), Vitamin E: 0.93mg (6.19%), Calcium: 42.81mg (4.28%), Vitamin B12: 0.23µg (3.77%)