



Foil-Pack Chicken & Broccoli Dinner

READY IN



45 min.

SERVINGS



45

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups broccoli florets
- 0.5 cup classic ranch dressing kraft
- 0.3 cup oscar mayer real bacon bits
- 1.5 cups cheddar cheese shredded kraft
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 1.5 cups water

Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Combine stuffing mix and water; spoon onto centers of 6 large sheets heavy-duty foil. Top with remaining ingredients; fold to make 6 packets.
- Place in single layer on rimmed baking sheet.
- Bake 30 to 35 min. or until chicken is done (165F).
- Remove packets from oven; let stand 5 min.
- Cut slits in foil to release steam before opening packets.

Nutrition Facts



Properties

Glycemic Index:1.31, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:3.8243478394073%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 63.65kcal (3.18%), Fat: 3.15g (4.85%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.34g (1.21%), Sugar: 0.59g (0.65%), Cholesterol: 15.07mg (5.02%), Sodium: 141.2mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.07%), Selenium: 8.01µg (11.45%), Vitamin K: 11.99µg (11.42%), Vitamin B3: 1.85mg (9.25%), Vitamin C: 7.4mg (8.97%), Vitamin B6: 0.14mg (6.83%), Phosphorus: 64.63mg (6.46%), Calcium: 35.84mg (3.58%), Vitamin B2: 0.06mg (3.46%), Folate: 12.95µg (3.24%), Vitamin B5: 0.31mg (3.14%), Potassium: 95.41mg (2.73%), Vitamin B1: 0.04mg (2.63%), Manganese: 0.04mg (2.16%), Magnesium: 8.37mg (2.09%), Zinc: 0.3mg (2%), Vitamin A: 93.76IU (1.88%), Iron: 0.27mg (1.52%), Fiber: 0.33g (1.33%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.08µg (1.26%)